

## **Jamuna Yogashala Registration Form**

My name is **Jamuna Dhar**, a certified yoga trainer who completed professional training at **Veda Yogashala, India, in 2024**. I am experienced in **Hatha Yoga, Raja Yoga, Ashtanga, Multi-Style Yoga, Pranayama, Mudras and Meditation**.

Each **60-minute class** offers a balanced sequence of poses designed to activate energy flow and create harmony between body and mind. Students will learn effective breathing techniques that help regulate and balance internal energy. The practice also includes fun and accessible poses that encourage **trust, confidence, communication and support**.

### **Health & Safety**

To safeguard your wellbeing, **any existing health conditions or injuries must be declared before participating in the class**. This ensures that the practice can be adapted safely to your needs. If health issues are not disclosed, **Jamuna Yogashala cannot be held responsible for any resulting discomfort or injury**.

I am a **qualified First Aider, a member of British Wheel of Yoga** and am **fully insured**, ensuring a safe and supportive environment for all participants.

### **Fees**

- **Monthly fee:** £25 for a set of 4 classes per person
- **Single class per person:** £8
- **Monthly fee:** £45 for a set of 4 classes for family of two

Fees are **non-refundable**. In exceptional circumstances, Jamuna Yogashala may offer a refund or reschedule a class **once every three months**. Any class cancelled by the centre will be rescheduled or refunded accordingly. All fees must be paid **in advance or at the beginning of the month**.

Start Date: \_\_\_\_\_

Full Name: \_\_\_\_\_

Age: \_\_\_\_\_

Email: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Emergency Number: \_\_\_\_\_

Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Experience - Beginner / Advanced: \_\_\_\_\_

Health Condition: \_\_\_\_\_

Let me know if you have any questions or concern before the beginning of the yoga class

Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_