



**Yoga Student Enrollment Form**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Email Address \_\_\_\_\_ Phone \_\_\_\_\_

Class/Workshop you are signing up for? \_\_\_\_\_

Previous Yoga Experience: A: How many classes \_\_\_\_ B: Private Instruction \_\_\_\_

**Type of Yoga Experience?**

Vinyasa flow \_\_\_\_\_  
Iyengar \_\_\_\_\_  
Kundalini \_\_\_\_\_  
Asthanga \_\_\_\_\_

Any physical limitations or Injuries \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Goal of Practice: A: Physical Conditioning \_\_\_\_ B: Stress Reduction \_\_\_\_ C: Relaxation \_\_\_\_

**How did you hear about Heaven and Earth Yoga?**

A: Newspaper Ad \_\_\_\_\_  
B: Magazine Ad \_\_\_\_\_  
C: Store Flyer \_\_\_\_\_  
D: Internet Website \_\_\_\_\_  
E: Referral from a friend \_\_\_\_\_  
F: Other \_\_\_\_\_

**Hands on adjustments are performed on students during class in order to:**

A: Assist the student to accomplish proper body alignment in the pose  
B: To assist a student who wants to explore a deeper level of the posture  
C: To protect and secure the student from possible injury

**If you prefer not to have the instructor(s) do hands on adjustments please let them know at the beginning of class. Otherwise your signature acknowledges that hands on adjustments will be performed during class.**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

