

Yoga with Nicole

Feed Your Soul
Yoga Beach Art

nicole.a.oliver@gmail.com

902-308-6000

Certified Hatha Yoga Instructor

Physical Activity Readiness Questionnaire & Registration Form

Name: _____ Phone:(w)_____ (h)_____

Address: _____ Postal Code: _____

Email: _____ Birth date: _____

Please list any physical conditions (including injuries) that might limit your participation in physical exercise.

Are you taking any medication? Please list.

For what conditions? Please list.

Please check any of the following that might apply to you:

- | | | | | |
|------------------------------------|-----------------------------------|--|---|---------------------------------|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Glaucoma | <input type="checkbox"/> Chronic sinus | <input type="checkbox"/> Low blood pressure | <input type="checkbox"/> Hernia |
| <input type="checkbox"/> Ulcers | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Hypoglycemia | <input type="checkbox"/> High blood pressure | |
| <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Asthma | <input type="checkbox"/> Heart trouble | <input type="checkbox"/> Pregnant/due date? _____ | |

Please state any goals or questions that you may have prior to the retreat.

Please state previous yoga experience, if any.

How did you find out about Yoga with Nicole?

Do you have any dietary restrictions or needs? (Over)

Do you have any allergies that may be exacerbated by participating in this workshop?

Agreement: Yoga is educational and each student is responsible for his or her own health, safety and well being while participating. Students hereby agree to inform instructors of any activity that cannot be safely performed and will not perform any activity that is likely to cause injury. The student agrees to hold instructors free from any and all responsibility for any injury that may be sustained during or as a result of classes.

I agree to my photo being taken and used in promotional material by Nicole Oliver.

If I circle NO , I understand I have a responsibility to step out of pictures when I am aware they are being taken.

YES

NO

Signature

Date

Please bring:

- Yoga mat
- Small pillow (throw pillow)
- Any other yoga props you like to use
- Suitable foot wear and clothing for walking outside
- Sunscreen, bug spray, etc for being outside
- Warm clothing
- Water bottle
- Mason jar, basket, bucket, etc for collecting rocks, beach glass and other momentos of the day

Optional:

- Notebook and pen
- Camera

Guidelines:

- Coming from Digby meet at the Irving for 8.30am.
- Coming from Bear River/Smiths Cove meet at 8.40am at Fundy Spray Campground driveway.
- If you bring a phone, please shut it off or put it in airplane or do not disturb mode.
- Please be kind and respectful of everyone we encounter.
- Please be open minded and willing to participate.

Retreat details:

September 30, 2019

9am-4pm

Smiths Cove, NS

Lunch, snacks and sangria provided

\$75 - \$25 holds your spot

Cancellation policy: Cancellations within 7 days of the event cannot be refunded, however your spot may be sold to another participant. Notify Nicole as soon as possible to fill your spot if you are unable to attend.

