

# Yoga with Nicole

## Mindfulness Workshops

[nicole.a.oliver@gmail.com](mailto:nicole.a.oliver@gmail.com)

902-308-6000

*Certified Hatha Yoga Instructor*

### **Physical Activity Readiness Questionnaire & Registration Form**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_ Birth date: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_ Phone: \_\_\_\_\_

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 sinuses | <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 this event.

Please state previous yoga experience, if any.

Do you have any dietary restrictions or needs?

Do you have any allergies (including scents) 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.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Photo release:** I give permission to Yoga with Nicole, Nicole Oliver and Digby Pines Resort & Hotel to use photos taken of me in promotional material. This includes print and digital media.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

I do not agree to my photo being taken and I will take responsibility to stay out of pictures when I know they are being taken.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

*“Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won’t).” - James Baraz*

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### Workshop activities:

- Yoga practice
- Meditation
- Body scan
- Group discussions
- Mindful eating (snack & lunch included)
- Strolling the grounds

### 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
- Umbrella or rain gear (we go outside rain or shine)

### Optional:

- Notebook and pen
- Camera

### Guidelines:

- Please arrive a 10-15 minutes early. We start at 9.00am sharp.
- 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.
- For overnight guests, please check out before the beginning of the workshop. The hotel will hold any luggage or belongings you may have while you are in the workshop.

### Workshop details:

Optional mixer: June 22, 2019 – 6.30-8.30pm Churchill's Restaurant (any purchases made during the mixer will be the responsibility of the attendee)	Optional mixer: September 14 , 2019 – 6.30-8.30pm Churchill's Restaurant (any purchases made during the mixer will be the responsibility of the attendee)
June 23, 2019 at the Digby Pines Hotel (103 Shore Road, Digby NS) Digby Hall, Salon A 9.00am-2.00pm	September 15, 2019 at the Digby Pines Hotel (103 Shore Road, Digby NS) Digby Hall, Salon A 9.00am-2.00pm

