



SHREE SWAMINARAYAN TEMPLE
DHARMA BHAKTI MANOR

Pranayam with Yoga *for Males & Females*

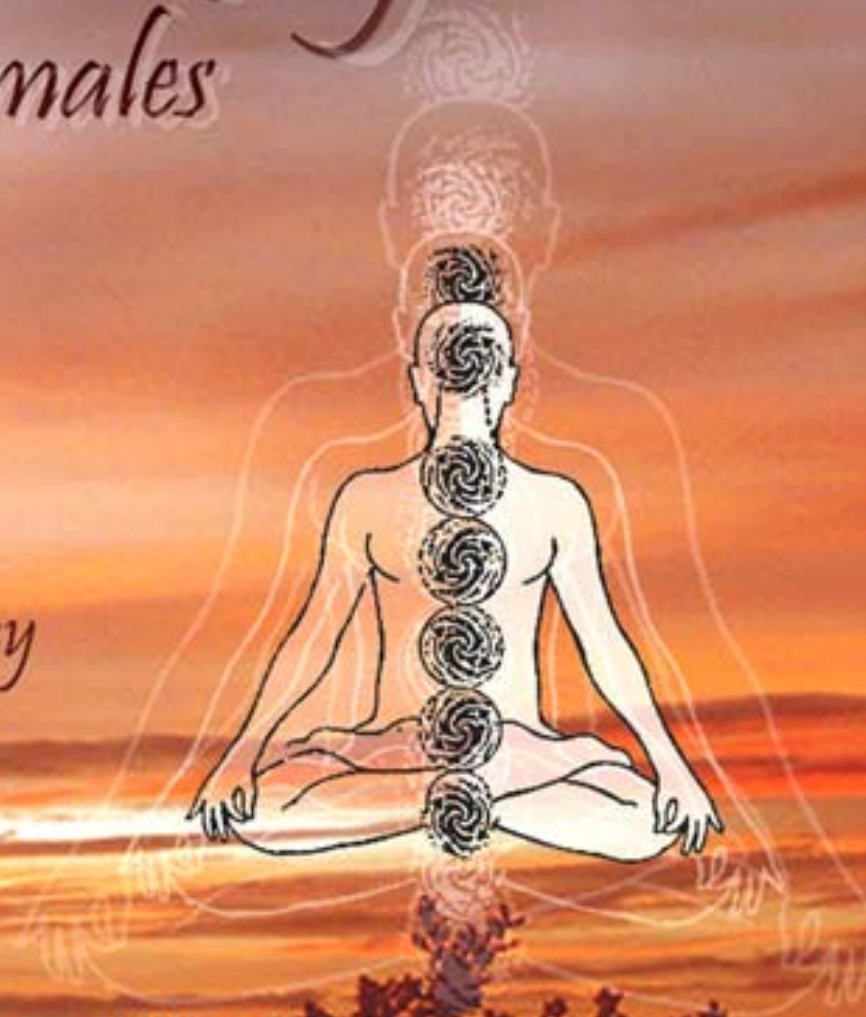
Day: Tuesday

Time: 7.45pm - 8.45pm

Duration: 10 Week Session

Enquire at the information desk to register & pay

Contact: Parbat Varsani on 07958 233 136



Shree Swaminarayan Temple, Dharma Bhakti Manor, Wood Lane, Stanmore, Middlesex HA7 4LF

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SHREE SWAMINARAYAN TEMPLE

DHARMA BHAKTI MANOR
UNDER SHREE NARNARAYAN DEV MANDIR BHUJ

Yoga Registration form

Please complete the following application form before attending the classes.

Have ever attended yoga classes before? (*Delete as appropriate) YES/NO*

Student Details

Forename(s):	Date of Birth:	Age:
Surname:	Mobile Telephone number:	
Gender (*Delete as appropriate) Male / Female*	Email address:	
Home Telephone number:		
Full postal address:		
Postcode:		

Emergency contact details

Forename(s):	Home Telephone number:
Surname:	Mobile Telephone number:
Full postal address (if different from above):	Relation to student:
Postcode:	

Please note that the payment will be required in full prior to admission. Please speak to activity organisers for up to date pricing.

Guidelines

- Loose and comfortable clothing must be worn i.e. track suit (bring some thing warm for meditation and relaxations that you can put on and take off)
- Please bring your own yoga mat.
- Yoga asanas should be done on an empty stomach. Light meal at least 2 1/2hr before the session.
- Please state any health problems below. Please also let us know of any medication you are taking.

All practices are non- compulsory. The health responsibility lies with the participant. Shree Swaminarayan Temple Stanmore will not be made liable what so ever.

Office Use Only	
Total Amount £30.00	Payment received in full <input type="checkbox"/>
Cheques payable to: Shree Swaminarayan Satsang	Total Cash received amount: £_____
Receipt Number: _____	Cheque Number: _____



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DISCLAIMER - PLEASE READ CAREFULLY

The volunteers associated with Shree Swaminarayan Temple Stanmore expressly state that in general Yog is safe and beneficial but like any other health program it needs to be practiced judiciously, correctly and cautiously.

No citing by the volunteers at a yog workshop to any health-related/medical/other information is intended to be a substitute for professional judgment of a qualified health-care provider. The volunteers are not subject or liable to change the structure of a yog workshop to suit individual needs.

Not all presentations at a yog workshop may be suitable for everyone. If pain is experienced at any time during the practice of Yog, it should be stopped immediately and a qualified health care professional should be consulted. The volunteers assume no responsibility and will not be liable for any harm, injury or damage resulting from any tort, negligence or from a breach of an express or implied warranty however caused or occurring during or after participation in a Yog workshop or while practicing anything presented therein.

By participating in a yog workshop the participant, for himself/herself, his/her heirs, and assigns, hereby expressly assumes all risks, full responsibility and liability for participating and practicing anything presented therein and forever waives and releases and agrees to defend, indemnify and hold the volunteers harmless from and against any and all claims or demands, liabilities and settlements (including without limitation, legal and accounting fees) on or against the volunteers for losses or damages, including, without limitation, direct, indirect, incidental, consequential or special damages, personal injury/wrongful death, resulting from or alleged to result from participating in or practicing anything that is presented in a yog workshop.

The volunteers, at their sole own discretion reserve the right to deny participation at any time of a yog workshop to any entity without assigning any reason whatsoever.

Signature _____
Signature of student/parent

Date _____

Name in Print _____

Office Use Only

Total Amount £30.00 Payment received in full

Cheques payable to: Shree Swaminarayan Satsang

Receipt Number: _____

Total Cash received amount: £ _____

Cheque Number: _____