



# One Shakti - Registration Form

One Shakti Yoga programmes are offered by qualified teachers and trained to offer therapy services.

To enrol for a One Shakti Yoga programme or therapy services offered by One Shakti associates, please complete this registration form and return prior to starting your programme or session. The details provided will be effective from hereon for all One Shakti programmes/services. In case of any changes to the details provided, please notify in writing at the earliest opportunity.

The details provided are accepted in total confidence and will only be shared amongst the One Shakti associates and not divulged to a third party. Your details will be added to One Shakti circulation list for future events.

<b>Name:</b>		<b>Tel. Home:</b>	
<b>Address:</b>		<b>Mobile:</b>	
		<b>Email:</b>	
<b>How did you hear about One Shakti?</b>			
<b>Any Previous Experience of Yoga or Related practices?</b>			
<b>Please state any health problems and medical treatments</b> (for any medical conditions, please consult and get approval from your GP before taking up Yoga or therapy services before continuing with your practice):			
Any additional information, please write on a separate page and attach...			
<b>Tick One Shakti services of interest?</b> General Yoga, Pregnancy Yoga, Massage, Healing, Homeopathy, Newsletter, Other: .....			
<b>Purpose of doing yoga or interest in One Shakti services:</b>			
<b>Any preferred associate, preferred class day/time and level:</b>			
<b>Do you need any yoga material – books, mat, blocks etc...?</b>			

One Shakti associates approach to teaching yoga and therapy services is to guide gently. Participants are encouraged to follow the energy and just as importantly to respect limits, bearing in mind that applying force is counter productive (or not helpful). The associates and One Shakti group will not bear any responsibility for any personal loss, damage or injuries of any kind while attending One Shakti Yoga programme(s) or for any of its services. One Shakti as a group does not accept any liability.

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*Signature*

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*Date*

*Please return the signed registration form to the programme teacher/therapist prior to the commencement of a One Shakti Yoga programme or therapy services. Thank You*