



HEALTH QUESTIONNAIRE

For yoga/meditation class/workshop/course/retreat participants to complete for face to face and online learning. All information given will be treated in the strictest confidence and stored in accordance with General Data Protection Regulation (GDPR)

Name	
Date of Birth	
Telephone	
Email	
Emergency Contact Name and Tel No.	

How did you hear about this class, course, workshop, retreat?

What are you hoping to gain from Kari van Eden yoga/meditation classes/courses/workshops/retreats?

How long have you practised yoga/meditation and what style of yoga/meditation have you practised?

My general health is: Excellent Good Manageable Challenging

Please tick if you experience any of the conditions mentioned below and provide details that may affect your ability to do yoga. Kari van Eden Yoga, classes, courses, workshops, retreats can be tailored to your needs but there are certain health considerations that require special attention. If you are unsure, please consult your GP before commencing a class, course, workshop or retreat.

Arthritis (rheumatoid or osteo)		Digestive disorders or abdominal issues	
Asthma		Epilepsy	
Auto-immune disorder (M.E., M.S., Lupus etc.) or lack of energy		Heart condition	
Back pain/ problems, stipulate area		Hip problems	
Balance issues		Knee problems	



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Blood pressure - high		Migraine/headaches	
Blood pressure - low		Sensory disorder affecting eyes or ears	
Breathing problems		Shoulder or neck problems	
Depression/anxiety		Spinal injury	
Diabetes		Other (discuss with tutor)	
Further details:			

Have you had any recent operations (in the last two years)?

Do you have any old injuries that still trouble you? Or any other health considerations not covered above that might be adversely affected by yoga/meditation practice?

Are you/could be, pregnant, or have you given birth in the last six weeks?

Are you currently on prescribed medications which could affect your ability to take part in a Yoga/Meditation classes, courses, workshops, retreats? **YES/NO**

Disclaimer: Full safety information here: <https://www.karivaneden.com/safety-video--disclaimer.html>

By submitting this questionnaire, you are confirming that the contents are true and accurate to the best of your knowledge. Please notify Kari van Eden Yoga, of any changes to your responses in this health questionnaire before participating in future classes, courses, workshops, retreats.

As Yoga/Meditation teachers, we are not qualified to express an opinion as to whether you are fit to safely participate in any of our Yoga/Meditation classes, courses, workshops, retreats. You must obtain professional or specialist advice from your doctor or health professional before participating if you are in any doubt.

Please always let Kari van Eden Yoga know before the class, if this is your first-time practicing yoga/meditation or if you are not confident about your experience and/or ability. Where you are taking part in live-streamed classes, courses, workshops or retreats, please note that we may not be able to see you at all times. Where you have declared a health condition, please contact us before the class/workshop/course/retreat, if you would like to be provided with suitable modifications or



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adjustments. Please note, where you are taking part in a pre-recorded class/workshop/course, you will not be able to request specific adjustments or modifications.

In all classes, courses, workshops, retreats whether face to face, live streamed remote or pre-recorded remote, always follow the safety instructions and listen to your body. Where a movement or class is beyond your experience or ability, feels too difficult for you, or you experience any discomfort, please do not continue the movement or class, course, workshop, retreat.

You accept liability for any injuries or harm you might sustain as a result of participating in live or pre-recorded Kari van Eden Yoga/Meditation classes, courses, workshops, retreats.

You also take full responsibility and liability for your own health and wellbeing, during and when practising anything taught in live or pre-recorded Kari van Eden Yoga/Meditation classes, courses, workshops, retreats.

Name (please print)	
Signature (If online, please indicate with an X)	_____
	I confirm my understanding of this health questionnaire and its disclaimer
Date	

GDPR Statement - More information here: <https://www.karivaneden.com/privacy-policy.html>

In order to comply with GDPR, it is necessary for Kari van Eden Yoga to check whether or not you are happy for us to retain your contact details, and send you our newsletter and information on Kari van Eden Yoga, yoga/meditation classes/courses/workshops/retreats and related events by email. Last minute class/course/workshop/retreat updates may need to be via SMS/phone.

You can change your subscription preferences at any time. *(To opt out of these communications inform your yoga/meditation teacher in person or via email typing 'UNSUBSCRIBE' in the subject line.)*

Kari van Eden Yoga, only hold information where necessary and where you have given us permission to do so. Please understand that this paper form or e-form will be securely stored while you are an active customer of Kari van Eden Yoga, and then, for 7 years, for insurance purposes.

To ensure that we only communicate with you in the manner of your preferred choice, please indicate below, your agreement, or otherwise, to the following means of communication.

Email: YES/NO	Telephone: YES/NO
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