



Lifestyle:

Occupation:

Stress: please rate on scale of 1 -10 (1 lowest, 10 highest)

Do you exercise?

What type?

How many times per week?

Do you smoke? _____

Do you have children?

FOR WOMEN:

Are your periods regular?	Yes	No
Are your periods painful?	Yes	No
Have you reached menopause?	Yes	No
Are you pregnant?	Yes	No
How many weeks?		

IF PREGNANT, do you suffer from any of the following?

Sciatica	Yes	No	Occasionally
Low back pain	Yes	No	Occasionally
Dizziness	Yes	No	Occasionally
Nausea	Yes	No	Occasionally
Heartburn	Yes	No	Occasionally
Gestational diabetes	Yes	No	
High Blood Pressure	Yes	No	

Other issues:

What do you expect from yoga?

Please read the information on the next two pages and sign the waiver on page 4.
Please bring these forms back with you at the first consultation



INFORMATION ABOUT CUSTOMIZED YOGA CLASSES & YOGA THERAPY

Dear student,

The method of T Krishnamacharya and his son TKV Desikachar is not a « style » of yoga but a traditional and authentic method based on the respect of the individual and fine-tuned customization according to each person's needs and wishes. We never force things; rather we proceed according to your capacities, using *all* the tools of yoga.

I work with medical professionals (doctors, obstetricians, osteopaths, chiropractors, physiotherapists, psychiatrists, psychologists, etc.) who refer patients with a range of conditions, from joint injuries to depression, hormonal disorders, diabetes, etc. Whether you are in very good health or have a health issue (physical, mental, emotional...), yoga practice will be adapted *for* you and evolve *with* you. The only prerequisite is your willingness to practice independently.

- Yoga must be adapted to each person, not the other way around. This may sound very different from general group classes. Student and teacher develop a one-to-one relationship to help the student in the following areas:

- healing, recovery (from injury or other condition)
- personal development, mentoring, education on yoga-related topics
- health maintenance, fitness

- At the end of the first consultation a customized practice is prepared for you to do at home. I will draw this practice on A4 paper with various instructions on how to do it. During the following weeks, we meet again and I adjust the practice through observation and dialog with you. You are encouraged to practice daily or as often as you can in order for it to have some effect. In some cases, I would advise to practice at a certain time of day (morning, afternoon or evening) but always within a realistic scope and considering your personal situation.

- Your program is uniquely designed for you. Please do not give it to someone else to do as it may have different effects for them.

- For certain conditions I might ask you to get approval from your doctor/health care provider before you start. I may also ask for your permission to contact your doctor/health care provider at any stage of the process if I believe it would be useful for you.

- Confidentiality is essential. I will not share your personal information with anyone unless you specifically ask me to do so (with a parent about a child, or with a health care provider, for example).

- Yoga is not a substitute for medical care: I would never advise you to discontinue medical treatment.

(Continued next page: read and sign)



INFORMATION ABOUT CUSTOMIZED YOGA CLASSES & YOGA THERAPY

- The initial investment at the outset is \$480 AUD/SGD for four classes (1 consultation and 3 follow-up sessions). The first session can last up to 1.5 hours. These first four sessions should be used within a maximum period of 3 months', to give both student and teacher enough time to get to know each other and fine-tune the course.

- Subsequent single classes after that are charged \$120 AUD/SGD per hour.

- I take payment by cash or bank transfer (no credit cards).

Account name: Ocean F Pty. Ltd. BSB: 086-006, Account Number: 76-956-6257. Please deduct all charges and let me know when a payment has been made, thank you.

- Classes are not refundable and not transferrable.

- Cancellations: any session that is not cancelled more than 24 hours in advance is considered as taken, I hope you understand.

- Please be on time or ideally try to arrive 5 minutes before the starting time. Please wear comfortable clothes, not too tight.

- Classes take place at my home, where I have a dedicated consultation room:

3/9 McCabe Street, North Fremantle, WA 6159. Please allow sufficient time to get here the first time if you are not familiar with the area. Exceptionally, I visit students at home or in hospital, if they have limited mobility or are recovering from illness. I also conduct skype video classes.

Should you have any questions please feel free to contact me.

Thank you for giving me this opportunity to help you.
I wish you all the best.

Valerie Fimat-Faneco
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www.ekayogainstitute.com

I hereby release indemnity and hold harmless against Eka Yoga Institute and Valerie Fimat-Faneco for any accident, injury, loss or damage, known or unknown, to me, or my child, or our belongings, incurred as a result of participating in the yoga classes and other programs with Eka Yoga Institute, at any point in time. I agree to inform my teacher of any limitations and/or injuries of any nature (physical or other), before or during the classes, and I take full responsibility for nondisclosure of the above. I also understand that it is my responsibility to consult with a physician prior to and regarding my participation in any program offered by Eka Yoga Institute, be it classes, workshops, teacher training, and one-to-one sessions. I note that a doctor's release may be required prior to attending certain programs.

Name:

Date and signature: