

Registration form for Yog Yatra

organized at

Bal Bharati Public School Noida

in collaboration with

Mokshaytan Yog Yatra

The purpose of this registration form is to help the Yoga Teacher understand your fitness and health level in order to address your general expectations from our Yoga classes.

Name _____ Gender _____

Date of Birth _____ Age as on date _____

Address _____

Mobile No. _____ e.mail Address _____

Aadhar Card no. _____ (attach Copy)

1. Have you practiced Yoga before? (Tick) Yes/No

2. Do you suffer from any of the following health issues? Tick where applicable.

Arthritis _____ Blood Pressure _____

Eye issues _____ Migraine _____

Asthma _____ Diabetes _____

Epilepsy _____ Back Pain _____

Cervical Spondylitis _____ Heart Condition _____

Sciatica _____

Any history of surgery/fracture _____

3. Please mention any other health issue, if its not mentioned above. _____

4. Tick the category you belong to-

- Student BBPS
- Parent BBPS
- Staff BBPS
- Alumnus BBPS
- Neighborhood Community Member

Please note:

- The Yoga sessions will be taken by experts from Mokshaytan Yog Yatra. The yoga sessions will be held on Saturdays & Sundays from 6.30 a.m. to 7.30 a.m. in school playground.
- Once registered, attendance will be mandatory to get maximum benefit from the classes.
- The classes are free of cost. However, you are required to bring your own yoga mat for the classes. Ensure comfortable attire for the sessions.
- Please be aware that proper care shall be taken for your safety and well-being. However, it is important to realize that it is your responsibility to adjust your practice to avoid injuries of any kind.
- No responsibility will be taken for injuries or any issue arising from or as a consequence of, your participation in these classes.
- Submit photocopy of residence proof, aadhar card and a passport size photograph along with the registration form.

Signature: _____

Date _____