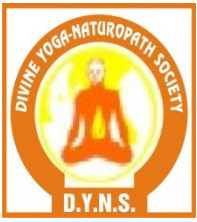


Date:- __/__/20__

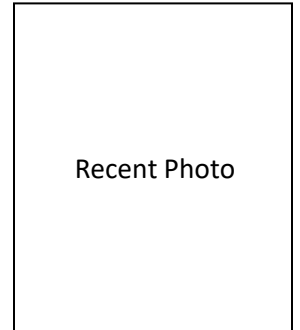
Reg. No.- _____



DIVINE YOGA-NATUROPATH SOCIETY (D.Y.N.S.)

(Regd. No.-734)

Registration Form



1. Name -

2. Father's/Husband's Name -

3. Age - yrs

4. Date of Joining -
D D M M Y YY

5. Purpose to join this class- _____

6. If any disease, please mention (attach recent medical report, if any):

7. Address _____ Pin Code _____

Contact Number

Email-id (if any) _____

8. Have you ever taken any yoga class, If yes , please mention - _____

9. Do you practice yoga, please mention - _____

(Signature of the Yoga Practitioner)

(For Office Use)

Date:- __/__/20__

Reg. No. _____

Name - _____

Father's/Husband's Name - _____

Date of joining - _____

(Signature Of Authority)

ESSENTIAL GUIDELINES FOR YOGA CLASSES

1. Please be regular and punctual in classes to get maximum benefits of yoga.
2. The stomach should be empty while doing practice. You should not practice until at least three or four hours after food.
3. Come in loose, light and comfortable clothing.
4. If you feel any health problem, please inform yoga teacher before starting of the class.
5. Internal Cleansing Practices like Jal Neti, Rubber Neti, Vaman/Kunjal, Laghu Shankh Prakshalan will be instructed weekly and monthly, please participate in these Kriyas for your better health.
6. Do practice according to your capacity, condition and interest. There is no compulsion to do all rounds of practices.
7. Never exert undue force while doing practices. You will be responsible for your practices, not yoga teacher or organization.
8. Yoga practices will also be instructed according to your specific requirements or problems. Please follow the instructions of yoga teacher.
9. Please maintain peace and discipline in class.
10. There is a WhatsApp group of the class. Important informations related to yoga, health, diet and motivational messages are sent in this group. Joining of this group will be beneficial.
11. Kindly maintain the dignity of this divine WhatsApp group. Please do not send any violent, vulgar and unnecessary messages in this group. Always send motivational and informative messages.
12. Weight Reduction Competition will be organized on monthly basis (From 1st to 30th of every month). Winners will be awarded for the appreciation of their effort in the first week of every month.
13. Yoga classes will be from Monday to Friday every week. Saturday and Sunday will be off.
14. Do at least one day self practice (follow the Friday practices) on weekends so that your flexibility and stamina can be maintained.

(Signature of the Yoga Practitioner)

