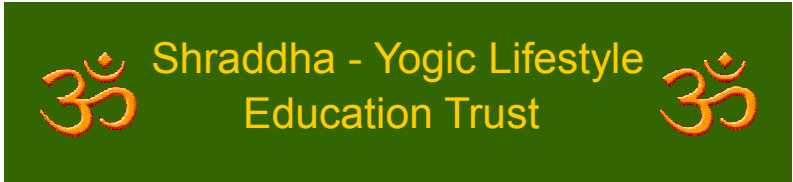




**COMMUNITY  
WAIKATO**

*"Unearthing the wisdom"*  
Huarahia te whakaaronui

*Tē hira tangata ki Waikato, ki Raukawa  
ki Maniapoto, ki Hauraki*



## Self care workshop

### Feeling the winter blues? Need a boost?

### Come and focus on yourself and learn some techniques to soothe and enhance your mind, body and spirit.

=====  
**Community Waikato in conjunction with Shraddha - Yogic Lifestyle Education Trust  
Presents...**

### Self-help with Yoga Health and Relaxation at the workplace Practices for work and home With Samadhimurti

This course will help to improve your ability to stay focused, motivated, relaxed and attentive during and after working hours. Especially beneficial for those of us who perform a lot of office and computer work in a sedentary environment. Topics include (computer-) eye strain, tiredness, deep relaxation, breathing, and gentle yogic stretching. The techniques applied come from a variety of backgrounds, such as SATYANANDA YOGA®. Educational Kinesiology, Natural Vision Improvement, Reflexology, EFT, pranic healing and 'common sense'.

Many of the practices can be performed at the workplace during micro-, mini- and extended breaks; others are longer and will best be done at home to raise the quality of life in general.

Wednesday August 26 2009

@Community Waikato, 33 Victoria Street Hamilton 9.30 am -12.30 pm

Cost: Members of NFP community organisations \$20. Others \$50

Please complete a Health- form with the enrolment to ensure safe teaching practice can be applied. Please bring a mat, blanket and cushion to the session, wear comfortable, **warm** clothing and be here ready for a 9.30 am start.

### REGISTRATION FORM

**Names of people**

**attending:**.....

**Organisation:**.....

**Address:**.....

**Phone:**..... **Email:**.....

**Payment enclosed \$**.....

**PLEASE SEND PAYMENT & REGISTRATION TO:** Community Waikato Po Box 391, Hamilton

Any queries please call Sally 8381583 or [sally@communitywaikato.org.nz](mailto:sally@communitywaikato.org.nz)

Yoga 26/8/09

# Confidential Health Record

---

This information is important so that the teacher can assist in the safe practice of yoga.

Name: .....

Date of birth: ..... / ..... / .....

Phone/Mobile: ..... *optional*  
(Useful in the unlikely event of a class being cancelled at short notice)

Email: ..... *optional*  
(To keep you informed by email about future yoga courses and classes)

	<b>Yes</b>	<b>No</b>
Have you received any form of treatment or taken any medication during the last 6 months? (For example: Treatment from a GP or other therapist, complementary medicines)	<input type="checkbox"/>	<input type="checkbox"/>

Have you suffered any injury or undergone any operation or investigation in the last two years? (For example: Sprains/strains, broken or pinned bones, operations or scans)	<input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------	--------------------------

Do you suffer from any illness, medical condition or disability? (For example: high/low blood pressure, diabetes, hernia, depression, osteoporosis)	<input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------	--------------------------

If you answered **Yes** to any of the above, please give more information:

Have you practised yoga before? If so, for how long and how recently.

Please say briefly what interests you about coming to this course.

Signed: .....

Date: ..... / ..... / .....

## Confidentiality

This student record is strictly confidential. However, if there is any information that you would rather not put on this form for any reason, please talk to the teacher.

**PLEASE SEND PAYMENT & REGISTRATION TO:** Community Waikato Po Box 391, Hamilton

Any queries please call Sally 8381583 or [sally@communitywaikato.org.nz](mailto:sally@communitywaikato.org.nz)

Yoga 26/8/09