

Introductory Class

If you are interested finding out more about Iyengar yoga, please fill in this form and post it to John Ferrabee who will be delighted to contact you to arrange your four week introductory course.

NAME

ADDRESS

POST CODE

PHONE NO.

MOBILE

EMAIL

AGE Under 20 20-30 30-40 40-50 50-60 Over 60

PLEASE PRINT CLEARLY

Have you ever been diagnosed as having any of following:

- Heart Condition:** Heart Attack Stroke Angina
 Arteriosclerosis **Respiratory problems:** Asthma
 Bronchitis Emphysema Diabetes
 High/low blood pressure Rheumatoid arthritis
 Osteoarthritis Osteoporosis Degenerative spinal discs
 Shoulder, hip, knee or elbow tendonitis

Are you currently recovering from an injury, hospital treatment or surgery

- YES If so please specify
- NO

Have you ever been involved in a car accident/sports accident?

- YES If so please specify
- NO

Are you taking any form of prescription drugs?

- YES If so please specify
- NO

Is there any other health condition, other than those specified, of which we should be aware?

- YES If so please specify
- NO

Benefits of Yoga:

- Improves flexibility
- Improves and builds muscles
- Corrects posture
- Strengthens the spine
- Eases back pain
- Has physical and mental benefits
- Increases stamina
- Corrects balance
- Improves heart conditions
- Improves breathing disorders
- Boosts immune responses
- Decreases cholesterol and blood sugar levels
- Encourages weight loss
- Relieves stress patterns



For Further Details Please Contact:

John Ferrabee IYENGAR YOGA WORKS

Ground Floor Flat
9 Suffolk Square
Cheltenham
Gloucestershire
GL50 2DR

T : 01242 222356
M : 07876 194942
E : john@yoga-works.net

Iyengar
YOGA
WORKS

Better Health | Better Well-Being

YOGA-WORKS.net
THE IYENGAR METHOD



John Ferrabee is Certified By The Iyengar Association of the U.K.



See the back of this leaflet for postal address or alternatively bring the completed form to your first free class.

www.yoga-works.net

www.yoga-works.net

What Is Iyengar Yoga?

Iyengar yoga is a near perfect fitness routine which provides the means for people of all ages and physical abilities, not only to get and stay in shape, but also to develop balance and coordination, whilst improving their circulation and increasing their general vitality. It is beneficial to people at all levels of fitness and provides an ideal complement to gym work and all types of high impact sport

This discipline, which was developed by the Indian guru BSK Iyengar some 60 years ago, tones and builds muscles; correct postures; strengthens the spine; eases back pain and helps the body to repair itself by increasing stamina and promoting an increase in flexibility and muscle tone. It is practised by many high-level sportspeople including the UK cricket team and the Manchester United football team.

By stretching and toning the muscles, joints and spine, Iyengar yoga generates motion without causing strain. With continued practise your body will be realigned and your posture significantly improved. Your breathing will also become steadier and your mind calmer, helping you to feel rested whilst at the same time energised.



About John Ferrabee



John Ferrabee is a fully registered and insured teacher of the Iyengar® Yoga Association and works for this organisation as an assessor for its new teachers. His classes for the public cover introductory levels 1 and 2, and intermediate levels 1,2 and 3 with instruction available for all levels of ability from raw beginners to experienced practitioners. In addition he has an honorary contract with the National Health Service teaching yoga to sufferers of chronic lower back pain for whom conventional medicine has no answers.



John Ferrabee is Certified By The Iyengar Association of the U.K.



Getting Started

Wherever on the fitness spectrum you sit, you are advised to attend an introductory, four week course before finding a class, or classes, at a level that suits your particular needs.

There is no need, in the first instance, to purchase any equipment – not even a mat. John's well-equipped studio has everything you need. All you require is some comfortable sportswear, a T-shirt and a pair of leggings or cotton shorts and the desire to get started.

Anyone and everyone can benefit from doing yoga.



So why not you?

....for further information and the answers to frequently asked questions. Visit www.yoga-works.net

Iyengar
**YOGA
WORKS**