

Sufi-Chi Yoga

Course Registration Form

Please read the guidelines on the reverse of this form prior to completion.
Please use BLOCK CAPITALS and write very clearly when completing the form. Thank you!

Name

Email Address (please write carefully)

Address

Telephone Number(s)

Town

Date of Birth

County

Post Code

Please tick the type of class that you will be attending (select one):

Please let us know where you heard about Sufi-Chi Yoga:

Please list all illnesses, medical complaints, recent operations or injuries relevant to your participation:

Please list any yoga, T'ai-Chi, Reiki, meditation or similar courses that you have attended before:

I confirm that I have stated all medical problems. I have discussed these with the teacher and in necessary cases have checked the suitability of my undertaking this course with my GP.
I have also read and understood the guidelines provided for participation in this course.

Signed

Date

Please return completed form to:

The Mir Sufi Centre (Administration), Llwynhaf, Llanddarog Road, Carmarthen, SA32 8AR

Sufi-Chi Yoga

Guidelines for Practice



- 1) Sufi-Chi Yoga is best practiced on an empty stomach (allow 3 hours after a heavy meal and 1 hour after a light snack).
- 2) Wear loose, comfortable clothing. Do not wear jewellery, watches, belts or anything that will restrict movement or catch on clothing/hair.
- 3) Bring a non-slip mat to work on.
- 4) Have something warm to wear during relaxation - a jumper, socks and blanket. Remember that you are not in competition with anyone - never hurry or strain.
- 5) You should not experience pain when practising yoga. You may feel some discomfort in stretching movements – but as long as you do not jerk into movements, no harm will occur. The knees, neck and lower back are the areas to be wary of – never force yourself into postures – if you have difficulty, please tell me.
- 6) If you have, or have had, any illness or condition causing doubt about whether you should practice yoga check with your doctor and tell your teacher.
- 7) You must advise the teacher if you are pregnant and confirm with your doctor that you may practice yoga.
- 8) You must look after and be responsible for your own body.
- 9) Listen to what your body is telling you. During breathing exercises, breath slowly in and out of all movements.
- 10) You may practice breathing exercises even if you are unwell.
- 11) Do not demand too much of yourself – you should enjoy Sufi -Chi Yoga for its own sake.