

& Reiki

**Adult Registration Form**

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| Last Name | | | First Name | | Adult Yoga | | | Adult Reiki |
|  | | |  | |  | | |  |
| Home Phone | Work Phone | | | Mobile Phone | E-mail Address | | | |
|  |  | | |  |  | | | |
| Street | | | | City | | Prov | Postal Code | |
|  | | | |  | |  |  | |
| Alternate Contact | | Alternate Contact Number | |
|  | |  | |

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| --- |
| Health Concerns/Allergies/Other/What you hope to achieve from this class |
|  |
| Programme:  Start Date & Time #wks :  Cost: Cash  Cheque |

The Children's Garden is not responsible for any injury or illness that may be incurred while visiting or

participating in any of our programmes. It is always advisable to speak with your family physician before

undertaking any new physical fitness programme. Although this is a gentle stretch yoga programme, it

is important to follow your body’s inner wisdom and guidance and never move into a place of pain. Pain

does not benefit your body and may cause an injury. A nice stretch is not necessarily pain; please

discern between the two for ultimate well-being.

Signature Date

Please make all cheques payable to: **Barbara Westgate**

Mailing Address: **766 North Mile Road, London, ON N6H 2 X8**

Email: **natural\_child@hotmail.com** Phone**: 519-474-3579**