

Canberra Nude Yoga

APPLICATION

To help me get a better understanding of your experience and make sure you're suitable for this course please complete this questionnaire and email the whole document back to me at gregory@wholisticsolutions.com.au

Questions marked with * are mandatory. This form is your enrolment application. You must return it to me if you wish to be considered for a place in the course.

*FIRST NAME

LAST NAME

POSTAL ADDRESS

*EMAIL ADDRESS

MOBILE PHONE

WORK PHONE

HOME PHONE

*BIRTHDATE

/ /

*Do you now, or have you ever practiced yoga?

YES

NO

*If YES, how often do you practice and what style?

*HEIGHT (cm)

*WEIGHT (kg)

*Would you characterise your body as being 'in shape'?

YES

NO

If YES, why? Please describe your current fitness program, including frequency.

*Are you comfortable with a guy touching your body sensually but non-sexually?

YES

NO

*Are you comfortable touching another guy's body sensually but non-sexually?

YES

NO

*Why do you want to practice Nude Yoga? What do you hope to get out of the course?

*What are the best days/times for you to attend a Nude Yoga class?

How did you hear about the course?

I've read through and agree with the terms and conditions in the attached FAQ. YES NO

Anything else you would like to tell us about yourself?

Please read below and complete the tick box section

HEALTH SECTION

Please tick if you have had or do have any of the following conditions:

- | | | |
|---|---|---|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Low blood pressure | <input type="checkbox"/> Heart condition |
| <input type="checkbox"/> Stroke | <input type="checkbox"/> Ulcer | <input type="checkbox"/> Hernia |
| <input type="checkbox"/> Arthritis/Osteoarthritis | <input type="checkbox"/> Thyroid condition | <input type="checkbox"/> Kidney condition |
| <input type="checkbox"/> Spinal condition | <input type="checkbox"/> Joint replacement | <input type="checkbox"/> Osteoporosis |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Epilepsy |

Do you experience or have you experienced:

- | | |
|--|--|
| <input type="checkbox"/> Palpitations/pain/tightness in the chest | <input type="checkbox"/> Muscular pain/cramps |
| <input type="checkbox"/> A family history of heart disease or stroke | <input type="checkbox"/> Chronic pain |
| <input type="checkbox"/> Breathing difficulties or asthma | <input type="checkbox"/> Fainting or blackouts |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Headaches/Migraine |
| <input type="checkbox"/> Concussion or head injury | <input type="checkbox"/> Joint pain/injury |
| <input type="checkbox"/> Dizziness/giddiness or loss of balance | <input type="checkbox"/> Back condition |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Depression |

If you have ticked any of the above boxes, please give specific details here

Have you have had any recent surgery? (Please give details)

Any major injury(ies) (Please give details)

Have you been diagnosed with a clinical mental condition? (Please give details)

Do you use any prescribed medication? (Please give details)

Do you have any other illness or medical condition? (Please give details)

PHOTOGRAPHS

Photos give me a better idea of your fitness level and body type, so I can better tailor the class to suit your needs. When returning your questionnaire, please also consider attaching a recent photo of yourself showing your body (does not have to be completely nude). Providing a photo is not a condition of joining the group, it just makes the task of planning classes easier. I also appreciate receiving face pics – they help me to remember you!

I respect your privacy and all pictures will remain with me. They will not be shared with other students, naked yoga groups or in any other way posted on the internet. See also my Privacy Policy in the Canberra Nude Yoga FAQ document.

If you have any questions, please refer to the Nude Yoga FAQ page on the website or email me at gregory@wholisticsolutions.com.au

Namaste
Gregory Barnes

First Yoga Class

INFORMATION

‘Yoga’ means the experience or oneness or unity of the whole world of the human being – the physical body, the mind and its mental components, the feelings or emotions, and the energy that makes the whole being function. As all parts begin to function together more and more closely, one’s inner harmony, sense of peace, contentment or happiness arise more easily.

Different practices are used to work with the different facets of human personality, so a class contains the following components:

1 INITIAL RELAXATION and SHORT MANTRA CHANTING

2 ASANAS. These are gentle movements stretching the muscles, massaging the internal organs and toning the nerves throughout the whole body to improve the health of the practitioner. Many problems and diseases can be eased or even eliminated.

3 PRANAYAMA TECHNIQUES for balancing and increasing the vital energy (or prana), which drives all systems. The breath and the state of the mind are closely connected so balancing the breath helps bring balance, quietness and calmness to the mind.

4 MEDITATION PRACTISE. Once the physical body has become relaxed and still and the mind calmer and quieter, then that’s a time when it’s possible to look more deeply within the parts of the mind to see the more subtle components. And to learn to know ourselves better, to be able to constructively direct our energies with the flow of our strengths, ambitions and needs and to work with our weaknesses.

5 YOGA NIDRA (or deep relaxation). With the physical body lying on the floor, the mind is directed through a series of instructions to help it become quieter, thus bringing calmness, quietness and harmony to the body and mind. It has been found that half an hour of Yoga Nidra is equivalent to two to four hours of good, deep sleep, helping the body and mind to the relaxed state, to let go the stress of everyday living as it exists at present.