

ANTENATAL YOGA WITH LISA

Yoga is a very safe way of exercising the body, improving circulation and general well being. However, during pregnancy one has to be extra-careful, as some positions will not be suitable for certain conditions. In order to advise you correctly, I need to know anything, which may affect you and your enjoyment of Yoga.

Name:

Date:

Name of Midwife:

Details of Doctors Surgery:

Have you done yoga before, if so for how long?

When is your baby due?

Is this your first/second/third etc.?

Do you have any on-going medical conditions, if so please detail?

Have you had any complications with this pregnancy?

Have you ever pulled any ligaments or tendons/broken any bones, if so please detail?

Do you have any back problems?

Is there anything else I might need to know, if so please detail?

If you would like to be added to my mailing list please provide your details below?