

Yogaworks Health Questionnaire

mother and baby yoga

Please complete, sign and return by post. All information is strictly confidential.

Your name:	Baby's name:	baby's date of birth:
Phone: daytime:	evening:	mobile:
Address		postcode
E-mail <small>(please print very clearly)</small>	home:	
	work:	
Please tick if you are happy for me to circulate your contact information to other class members <input type="checkbox"/>		
Have you done yoga before?	Yes No	If yes, for how long and what type of yoga?
Do you have other children? If so, how many and how old are they?		

Birth experiences: please give brief details of this most recent birth, ticking everything that applies to you:

length of labour:	
was labour:	self-starting/ induced/ accelerated
nature of delivery:	vaginal/ ventouse/ forceps/ caesarean
delivery environment:	hospital/ home/ waterbirth/ other
any drugs administered during labour:	gas&air/ pethidine/ epidural/ other
any stitches required?	yes/no

Your baby's health:

Was your baby: full term/ premature/ 'overdue'		
State of health of your baby at and immediately after birth:		
Since birth, has your baby experienced any of the following:		
colic	jaundice	irritability
hip dislocation	cranial compression	fevers

Your health: Since the birth of your baby, have you experienced any of the following. Please circle those that apply and give any details you feel you need to:

sacro-iliac pain	back pain	sciatica
high blood pressure	anaemia	prolonged bleeding
depression	anxiety	exhaustion
Are you taking any form of medication that may have some bearing on your yoga practice? If so, please give details:		

How and where did you hear about this class?

If it was from your health visitor, please give her name and the name of the surgery:

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I take full responsibility for my health and that of my baby at the yoga sessions. I will inform my yoga teacher of any medical changes.

Signature:	Date:
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Thank you for filling in this form. **Please return to Belinda by post with payment for the course (£54).** Make cheques payable to Belinda Staplehurst.