

Registration form- "Hidlor's Yoga (Basic course)"

1	Name of the participant	
2	E mail, Mob and Residence number	
3	Residential Address	
4.	Preferred day of yoga session:	Saturday/ Sunday (5.50 am to 7.15 am)
4.	Height and Weight	
5.	Any medical/ persistent health problem (Diabetics/BP/Heart diseases etc)	
6.	Any restrictions on exercises due to medical problem (Medical advises)	
7.	Any previous yoga courses attended (If so give details)	
8.	Details of commitment fees (One time fees of Rs. 500/-)	

Terms and Conditions

1. This program is organised by hidlors.com free of charges as part of the personal development program. Classes will be conducted considering the common interest of the participants and everyone has to strictly adhere to the terms and conditions.
2. This yoga session is an instructive program conducted once in a week and all participants need to practice it on their own daily at home (preferably in the morning hours) for the maximum benefit.

3. As the Yoga teaching is a step-by-step process, it will not be easy for the candidates to learn the art and techniques in subsequent classes without undergoing proper practice of the teachings in previous sessions.
4. This yoga session will be conducted on Saturdays or Sundays and will continue for 10 sessions.
5. The classes are progressive in nature; candidates should attend the entire sessions for optimal benefits. Skipping of one class may lead to difficulties to master the teachings in the next classes and therefore the participants should ensure their continuous availability in all sessions.
6. The participants have to organise their own yoga mat and personal clothing for the session. Any loose clothing (preferably cotton) will do; track suits, Tees and pyjamas, Salwar suit etc. are good options. Those who do not have their own Yoga mats may contact for any help.
7. The classes will begin at 5.50 am and will continue up to 7.15 am at club house or poolside depending on the number of participants.
8. All the participants should reach the venue and occupy the assigned place 05 minutes before the commencement of classes.
9. A onetime commitment fee of Rs. 500/- will be collected from each participant and this amount (after common expenditure of the program if any) will be utilized for a common noble cause at the end of the session. It is desirable that all Yoga participants attend this social service event on finishing their course. (Feeding to 120 inmates of an old age home run by Missionaries of Charity at Kogilu Cross, Yelehanka is the generally followed option)
10. Mobile phones are not permitted during the session.
11. Yoga needs to be practiced in empty stomach. Participants to ensure that no food is consumed for a minimum period of 03 Hrs before the session. (Six hours gap is ideal; hence Yoga practice in the morning hours brings maximum benefits).
12. Please contact Maintenance office or D-506 (Tel: 42156174) or write to hk@hidlors.com or log on to www.hidlors.com/yoga for details.

Undertaking by the participant:

I have read the terms and conditions and hereby agree to abide with the same.

Signature of the participant.