

## **APPLICATION TO REGISTRATION TO AYM-ARYM COURSES**

*Please, copy-paste this registration form on a new email, fill it and send it back to us on contact@arym.org*

### **Indicate the courses you want to register:**

- Dates:
- Levels:
- Venue:

If needed, you can add more dates below:

- Dates:
- Levels:
- Venue:

### **Your Personal Details:**

- First name:
- Last name:
- Male ( ) Female ( )
- Birthdate (DD/MM/YYYY):
- Email:
- Facebook:
- Address:
- Zip Code:
- City:
- State:
- Country:
- Native language:
- English spoken:
- Other languages spoken:
- Occupation:
- Website:
- Mobile:
- Phone:
- Emergency contact name:
- Emergency phone number:
- Do you have any experience in Ayurvedic Yoga Massage?
- Practice of Yoga, Pilates, sports, meditation, alternative medicine and other self-development practices and studies:
- Other information you'd like to specify:

**Your Health Details:**

Please reply: Y or N (Yes or No); not known; or answer the question and detail if needed.

- Age:
- Height (cm):
- Weight (Kg):
- Blood Pressure (if know) :
- Low Blood Pressure:
- High Blood Pressure:
- Do you take any medication to regulate your blood pressure?
- Blood type:
- Diet type (if special):
- Briefly describe your health:
- Do you have or had any of the following conditions?  
Please detail and precise for how long
- Cardiac problems:
- Circulatory problems:
- Respiratory problems:
- Spinal problems:
- Other joint, ligament or tendon problems:
- Any pain, especially in knees, shoulders, elbows, wrists and hands?
- Digestive or food problems:
- Hormonal or skin allergies problems:
- Any other chronic problems and specific condition we should know?
- Any surgery and accident (please detail about any remaining sequelae)?
- Treatments and prescriptions:

• Please read and verify your answers, then add the mention "*I hereby verify that the above information is correct*"

>>> add this mention here:

• Send your registration form to [contact@arym.org](mailto:contact@arym.org)

**Privacy Policy:** We know that you care how information about you is used. Any such information that comes into our possession is properly protected. This Privacy Policy sets out the steps that we take to ensure that any information provided to us is kept secure and confidential and is used only for the purposes for which it is provided.

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