

Poorna and Laghoo Shankhaprakshalana



Application Form



Before completing this form, please read the Pre-Practice Information and ensure that shankhaprakshalana is appropriate for you.

Cost: £40

Includes either poorna (full) or laghoo (shortened) shankhaprakshalana, kunjaj kriya (stomach cleanse) and neti kriya (nasal cleanse)

Venue

104 College Road
Dulwich SE21 7HW
(NOT at the Satyananda Yoga Centre)

Time

9.00am to approx. 1.00pm
Please arrive 15 minutes early for a prompt start

General Health Information

This is a highly rewarding but also demanding practice that brings about deep cleansing on the physical, energy and mental levels. You must be prepared to complete the practice and to follow a specific diet afterwards (see pre-practice information sheet for full details).

If any of the following apply to you, you should **not** do the practice:

- high blood pressure, heart conditions, kidney problems, gastric ulcers or hernia
- abdominal surgery in the last 6 months
- pregnancy or breast-feeding

If you have:

- history of any eating disorders
- diabetes
- abdominal surgery in the last 2 years
- history of any chronic digestive problem,

then please contact the facilitators well in advance. It may also be sensible to consult your doctor.

You can download the Pre-Practice Information sheet from www.syclondon.com or collect it from the yoga centre. You must read this information before doing the practice.

Please complete the following questionnaire and return with full payment to Satyananda Yoga Centre London

Name :Email.....

Phone:Date of practice applied for (check website):.....

Medical Self-Assessment

Due to the nature of this practice it is essential that you inform us of any condition – physical, mental or emotional, prior to doing this practice. Please see the health questionnaire below and ensure it is completed. Should you have any doubt, it is advisable to consult your doctor before undertaking any of the above cleansing practices. All personal information provided to us shall remain confidential and will be accessible only to the event organizers.

Have you done the practice before? If so, when:.....

If you have not done either the full or the short version yet, you will practise laghoo shankhprakashana.

Are you a regular yoga practitioner? YES / NO. Practice frequency (if yes):.....days per week.

Health Questionnaire

Tick the appropriate box	YES	NO
Heart condition (any history of heart attack, angina, operation etc.)		
Kidney condition		
High Blood Pressure		
Low Blood Pressure		
Abdominal Surgery (last 3 years)		
Back or spine conditions		
Joint Problems (please state where if applicable)		
Asthma or other respiratory condition		
Anxiety		
Depression		
ME or MS		
Any digestive disorder – historical or current (please specify)		
Any eating disorder – historical or current (please specify)		
Hyper acidity of the stomach/reflux etc		
Asthma or other respiratory condition		
Diabetes or associated eye problems		
Headaches/Migraine		
Allergies/Hay fever/sinusitis etc.		
Are you pregnant?		

Details, if you ticked 'YES' in any of the above boxes:

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Are you taking any medication? YES/NO

Details:.....

Do you have any other condition, illness, injury or disability you feel we should know about?

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Disclaimer

I confirm that the above information is correct to the best of my knowledge and understand that the techniques I am about to practise are contraindicated if particular conditions are present. I accept personal responsibility for my health and well-being during and after this practice and will follow the guidance given. I will not hold Satyananda Yoga Centre London or any individual teacher responsible should any harm or injury result from these practices.

Print name:.....

Signature:.....Date:.....



Payment



I enclose a cheque/PO for **£40** made payable to **Satyananda Yoga Centre London**.

To reserve your place in the event, please send the completed and signed application form and health questionnaire with full payment to:

**Satyananda Yoga Centre
70 Thurleigh Rd
London SW12 8UD**

**Your place is booked on receipt of full payment.
Applications will be confirmed by phone or e-mail.**

For further queries please contact the centre by **email:**
enquiries@syclondon.com
or **telephone:** 020 8673 4869

The facilitators may wish to consult you prior to the practice.