

# Yoga Class Registration Form

Your information is kept confidential and used only for the purposes of understanding your needs as an individual and to reach you in the event of class changes or cancellations.

Name \_\_\_\_\_

Preferred Phone \_\_\_\_\_  Mobile  Home  Work

Secondary Phone \_\_\_\_\_  Mobile  Home  Work

E-mail Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

## Medical Background

Please check the word that best describes your current state of health:

Great  Good  Fair  Poor

Are you currently on medication?  Yes  No

If YES, please describe \_\_\_\_\_

Are you affected by any of the following?

- |   |  |
|---|--|
| <input type="checkbox"/> Heart problems of any type       | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Asthma                           | <input type="checkbox"/> Low blood pressure  |
| <input type="checkbox"/> Glaucoma                         | <input type="checkbox"/> Detached retina     |
| <input type="checkbox"/> Diabetes                         | <input type="checkbox"/> Headache            |
| <input type="checkbox"/> Arthritis, bone or joint problem | <input type="checkbox"/> Chronic pain        |
| <input type="checkbox"/> Carpal Tunnel Syndrome           | <input type="checkbox"/> Back injury         |
| <input type="checkbox"/> Neck injury                      | <input type="checkbox"/> Knee injury         |

If YES, please describe \_\_\_\_\_

Have you recently . . .

- |  |  |
|--|--|
| <input type="checkbox"/> Sought therapy/counseling | <input type="checkbox"/> Had surgery     |
| <input type="checkbox"/> Attended physical therapy | <input type="checkbox"/> Become pregnant |

If YES, please describe \_\_\_\_\_

Please describe in detail any other health or medical condition that you believe may be helpful for your yoga teacher to know:

Please use this space to ask or voice any concerns relative to your participation in any yoga classes with Laura Coburn:



**Yoga and creativity  
in one spot.**

**Instructor: Laura Coburn**

Genesee Center  
100 Genesee St. • Suite 101  
Auburn, NY 13021  
(315)730-6355

## Release & Waiver of Liability

I agree to the following:

1. The information I have provided on this form is complete and accurate.
2. I understand that participating in an exercise class involves risk of injury; I agree to be solely responsible for any injuries sustained by me as a result of my participation in this class or any future classes I take with Laura Coburn. I am fully aware of the risks involved.
3. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in any Yoga class offered by Laura Coburn. I represent and warrant that I am physically fit and have no medical conditions that would prevent me from participation in Yoga classes. I assume full responsibility for any injuries or damages, known or unknown, which I might incur as a result of participating in yoga classes. I knowingly, voluntarily, and expressly, waive any claim I may have against Laura Coburn for injuries or damages that I may sustain as a result of participating in her yoga classes.

Signed:

\_\_\_\_\_

Date: \_\_\_\_\_

**Hatha yoga** is the most widely practiced form of yoga in America. It is the branch of yoga which concentrates on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind. There are nearly 200 hatha yoga postures, with hundreds of variations, which work to make the spine supple and to promote circulation in all the organs, glands, and tissues. Hatha yoga postures also stretch and align the body, promoting balance and flexibility.

**Your teacher** Laura Coburn has been exploring creativity throughout her career as a visual communicator. She began studying yoga seven years ago and embarked on 500 hours of teacher training beginning in 2009. Laura specializes in detailed instruction with an emphasis on healthy alignment and safe practices.

**The space you'll be practicing in** is named Eka. In the language of yoga, sanskrit, eka means "one." Located in the Genesee Center at One Hundred Genesee Street in Suite One Hundred One, Eka is a place for yoga and creativity in one spot. The space features a private office for changing, is fully accessible including the restroom, is stocked with yoga equipment for your use (you may of course bring your own) along with drinking water and the fixings for tea in the kitchen area.

**Parking your car and finding your way.** If your are not walking distance from downtown you may park on **South Street** and enter through the side door, the studio is immediately on your left. Park on **Genesee Street** by **Mesa Grande**, enter through main center doors and walk to the back of the building, look for wood wall and turn left. Park in the **parking garage** on the first floor near **Auburn Public Theater**, walk across courtyard and enter side doors and walk along wood wall, entrance to the studio is near South Street along the wood wall.

**For your comfort,** wear clothing that somewhat forms to the body and moves with you. You may wish to wear layers as your body temperature will likely change during practice, warming during the more active phases and cooling during the restful phases. You may also wish to bring a blanket for extra comfort during the meditation portion of the class.

**You contribute to the experience.** Please refrain from wearing perfume or other strong scents to class. Turn off cell phones or make them completely silent, in other words no vibration. Remove shoes in the vestibule before entering the practice area. If you use a studio mat, also use the wipes provided to clean it before returning it to the rack. Blankets should be folded neatly when returned to the rack. Be on time to class. If you intend to miss a class please email ([laura@coburndesign.com](mailto:laura@coburndesign.com)) or TEXT: **315-730-6355**

**Policies.** Due to the limited space I may not be able to offer make-ups for classes you choose to miss. Refunds will not be offered. Occasionally there are spaces available for "Drop-ins" in another class. The "Drop-in" rate is \$20.00. If I choose to cancel a class due to family emergency, issues with the practice space or my own illness you will be compensated for the missed class with a voucher or credit.

**For special offerings and class schedules and cancellations:**  
[lauracoburn.com](http://lauracoburn.com)



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**Instructor: Laura Coburn**

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## Your well-being

You are responsible to make me aware of any medical conditions or physical concerns you may have in general and on the day of your class. I will offer guidance and accommodations based on this knowledge. It is your responsibility to keep yourself safe and injury free. Use your own wisdom and knowledge of your body to make adjustments during your practice. This is YOUR practice and is intended to benefit you and address your particular needs. You always have a choice. You decide what's right for you.