

DOWN DOG YOGA CENTER:
Client Information/Liability Waiver and Release

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____ Birthdate: ____/____/____ (FREE class on your Birthday!)

Cell Phone: _____ Emergency Contact Name/Phone: _____

Primary interest in yoga and the healing arts: (check all that apply)

____ Physical Fitness/Conditioning ____ Relaxation/Stress Relief ____ Other
____ Rehabilitation/Pain Relief ____ Spiritual Practice

How did you hear about us? ____ Web Search/Website ____ Social Media ____ Friend/Family ____ Teacher ____ Other

Have you practiced yoga before? ____ No ____ Yes - List Experience: _____

HEALTH INFORMATION: (please indicate current and past health conditions)

High Blood Pressure	YES NO	Controlled with Medication:	YES NO
Diabetes	YES NO	Insulin Dependent:	YES NO
Chronic Conditions	YES NO	Explain: _____	
Past/Recent Surgery	YES NO	For/When: _____	
Back/Disc/Spinal Issues	YES NO	Explain: _____	
Current/Recent Injury	YES NO	Location: _____	
Current Pregnancy	YES NO	How many weeks: _____	
Current Medications	YES NO	List: _____	

Any other health or related information you would like to share? _____

WAIVER and RELEASE of LIABILITY:

All exercise programs and bodywork involve a risk of injury. By choosing to participate in a class/workshop/event/treatment, you voluntarily assume a certain risk of injury. It is not advisable to participate in some activities under certain medical conditions and it is recommended that you consult a physician before beginning any exercise program or receiving a therapeutic treatment.

Awareness is fundamental to the practice of yoga and other services offered at Down Dog Yoga Center. It is solely your responsibility to monitor each activity and determine whether it is appropriate for you to participate. You alone are responsible for your safety and well-being.

By signing below, you acknowledge that you have fully read, understand, and agree with the content of this release and are hereby waiving and releasing the instructors, therapists, Down Dog Yoga Center LLC, and any of its members of any and all liability for injuries.

Signature of Participant (parent/guardian if under age 18)

Date