

Body Grace

Student Information Form

Welcome to Body Grace! It is my pleasure to include you in our studio community. Your information below will help us provide you with the best possible experience. Also, while we try to have as few rules as possible, there are some policies outlined on the reverse side. Please read, sign, and know that all information is kept confidential.

Contact Information

Name _____ Home Phone _____

Address _____ Cell or Office Phone _____

_____ E-Mail _____

Would you like to be placed on our email mailing list? Yes _____ Not at this time _____

Emergency Contact _____ Phone _____

How did you find Body Grace or who referred you? _____

Medical Profile

Do you now have or have you had in the past:

- | | | |
|--|-----------|----------|
| 1. A history of heart problems, chest pain or stroke | yes _____ | no _____ |
| 2. Increased blood pressure | yes _____ | no _____ |
| 3. Any chronic illness or condition | yes _____ | no _____ |
| 4. Difficulty with physical exercise | yes _____ | no _____ |
| 5. Advice from physician not to exercise | yes _____ | no _____ |
| 6. A history of breathing or lung problems | yes _____ | no _____ |
| 7. A muscle, joint, back disorder or previous injury still affecting you | yes _____ | no _____ |
| 8. Diabetes or thyroid condition | yes _____ | no _____ |
| 9. Elevated blood cholesterol | yes _____ | no _____ |
| 10. A history of heart problems in immediate family | yes _____ | no _____ |

Please explain any 'yes' answers: _____

Are you currently pregnant or have you been pregnant in the last 3 months? _____

Have you had surgery in the past 12 months? If yes, please explain _____

Below are a few policies, both informal and formal, to enhance your experience at Body Grace. I ask your patience reading through this. Thanks!

Code of Etiquette

- Please be on time for class. If you do arrive a few minutes late for your yoga practice, take a breath and quietly sit at the entrance until the opening meditation is done and movement has begun. At that point, unroll your mat and enter as quietly as you can. The warm-up phase of our classes prepares us physically, mentally, and spiritually for the class. Missing this increases our likelihood for injuries.
- Leave your cell phone at home or locked in your car. Unplugging for a bit is good for us.
- For our barefoot classes, remove shoes in the reception area and place in the shoe bench. For any classes where shoes will be worn, wipe feet thoroughly before entering the studio.
- Please refrain from wearing perfume and cologne.
- Water is the only beverage allowed in the main practice room during class.
- Stay for the whole class. If you need to leave early, tell the instructor beforehand if possible and exit before final relaxation in the yoga classes.
- Yoga is better practiced on a fairly empty stomach (unless a specific condition prevents this).
- Ask questions anytime something is not clear to you or doesn't feel right for you. Ask during class if appropriate or after class. Not all exercises are appropriate for every body. Listen to your body.
- And finally, let go of competition and judgment. Show yourself some loving kindness. Do what you are able to do on this day. Every day is different.

Business Terms and Waiver

1. All class passes have expiration dates. Studio owner, Jan Cerie, must approve any card expiration date extensions. All fees are nonrefundable.
2. If you have any physical or medical conditions, or if you are not in overall good health, you agree to consult your physician before starting any new yoga or exercise program and also to inform your instructor before class.
3. I hereby agree to the following: I am choosing to participate in the classes or workshops offered by Body Grace during which I will receive information, instruction, and an opportunity to move and exercise. I recognize that the classes offered at Body Grace require physical exertion that may be strenuous and can cause physical injury, and I am fully aware of the risks and hazards involved. I understand that I take full responsibility for any risks, injuries, or damages, known or unknown that I might incur as a result of participating in the program. By informing the instructor of my physical condition, I enable the instructor to provide optimal instruction, which in no way absolves me of this responsibility. Therefore, I and my heirs or legal representative(s) waive any claim I may have against Body Grace or any teacher(s) or representative(s) of same.

I understand and agree to the above terms.

Signature _____ Date _____

Again, welcome to our community. If you ever have any questions, ideas, or concerns, please don't hesitate to let me know.

In good health,
Jan Cerie