

Client Information

Name:	Phone #:	<input type="checkbox"/> Cell <input type="checkbox"/> Home
Address:	City, State, Zip:	
Email address:	Date of Birth :	
Please list any illness or injury we should be aware of:		
Emergency Contact:	Phone #:	
How did you hear about us?		

Disclosure and Release

We are delighted you have decided to practice Yoga at Simply Yoga, LLC. The following information will help you get the most out of your Yoga practice and clarify your Instructor's role. Please read the following and sign below.

1. Yoga is a physical exercise that integrates mind, body and spirit. It is a way of encountering and releasing physical, mental and emotional tensions to arrive at deeper levels of relaxation and awareness.
2. By choosing to participate in any class, workshop or clinic you voluntarily, knowingly and expressly assume the risk of injury. The following guidelines may help you to reduce that risk:
 - Listen to and follow your instructor carefully
 - Breathe smoothly and continuously as you move and stretch
 - Do not hold your breath or strain to attain any posture
 - Work gently, respecting your body's abilities and limits
 - Do not perform postures or movements that are painful
 - Ask your instructor if you are unsure how to perform any movement or posture
 - Pregnant women should practice only gentle forms of Yoga and refrain from inversions, laying on the belly, twisting of the back and compressions on the belly
 - Menstruating women may wish to refrain from practicing inversions
3. Consult your physician before engaging in any exercise program. Inform your instructor of any health condition(s) that may be affected by your practice of Yoga. You represent and warrant that you are physically fit/aware and have no medical condition that would prevent your full participation in Yoga class.
4. It is your responsibility to monitor each activity to determine whether it is appropriate for you. Although our instructor will guide you, you remain solely responsible for your safety and well-being.
5. In consideration for your participation in any class, workshop, and/or clinic, and by signing this form, you, your heirs, your assigns and your legal representatives hereby forever release, waive, discharge, indemnify, hold harmless and covenant not to sue Simply Yoga, LLC and the owners, directors, officers, employees, agents, members, managers, partners, instructors and representatives (collectively, "Simply Yoga") from all injuries, damages, losses, expenses, attorney's fees, settlements, liabilities, claims, suits and cause of action which may result therefrom, and which may affect you and/or Simply Yoga, LLC.
6. Each instructor reserves the right to refuse participation by any student who behaves in any dangerous, threatening, distressing or disruptive manner.
7. If you do not wish to receive physical assistance it is your responsibility to so inform your instructor.

I have read the above Disclosure and Release Form and fully understand its contents. I voluntarily agree to the terms and conditions stated above:

Signature:	Date:
If participant is under 18 years old legal Guardian	Signature:
Name of legal Guardian:	Guardian Phone #: