

EAST SAC YOGA INTAKE FORM

Thank you for choosing to become a student of East Sac Yoga. Review and completion of the information below will assist you in getting the most out of your classes and clarify the role of the student and the teacher at East Sac Yoga. All teachers at East Sac Yoga have completed a thorough professional training in yoga instruction and maintain current registry with Yoga Alliance.*

Name: _____ Date of Birth: _____

Address: _____ City _____ Zip _____

**Phone #: _____ **Email Address: _____

How did you hear about East Sac Yoga? _____

Have you ever practiced Yoga before? If so, what kind and for how long? _____

What physical limitations, past injuries, surgeries or medical conditions/history do you have that may impact your ability to move and practice yoga? Please list/explain all conditions below (use back of form if needed):

Emergency Contact (name and number) _____

LIABILITY / STUDENT WAIVER AGREEMENT

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, continue to breathe smoothly, adjust the posture, or come out of the posture into a resting pose and/or ask for assistance from the instructor.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Sandi Russi, any of the teaching staff at East Sac Yoga and/or East Sac Yoga. I acknowledge that I have read and understand this document thoroughly prior to my signing below.

Signature of student, parent or guardian

Date

*Yoga Alliance maintains strict standards of practice, instruction and recommended code of conduct for yoga teachers and schools.

**Contact information used to notify students of emergency class cancellations, workshops, special offers. Email is used to send out regular newsletters; newsletters can be opted out of at any time; email addresses are never shared.