

Hot Yoga Registration

All information given in this sheet will be treated as confidential

Name:			
Date of birth:		Age:	
Emergency Contact:			
Address:		Post code:	
Telephone (h):		(m):	
How did you find out about Emily's Yoga?	<input type="checkbox"/> Google <input type="checkbox"/> Facebook <input type="checkbox"/> Instagram <input type="checkbox"/> From a friend <input type="checkbox"/> Other		
Special health considerations, injuries, recent surgery, mental or behaviour diagnosis? (eg. heart trouble, pains in the chest, faintness or dizziness, diabetes or asthma) <input type="checkbox"/> No <input type="checkbox"/> Yes (please specify)			
What do you hope you will gain from Yoga?			

I, as identified above, hereby agree to the following: Emily's Yoga takes all reasonable care to ensure that it's classes are fun and safe; however, I understand that I will be engaging in some physical activity that may involve some risk of injury.

I understand that Yoga includes physical movements as well as an opportunity for relaxation, stress education and relief of tension. I understand that the instructions and intentions throughout classes are intended only as guidance. It is therefore the responsibility of myself, during my Yoga class, to listen carefully and practice yoga according to my limitations to ensure no personal injury occurs. If I feel discomfort, I will STOP and report it to Emily. All movements are voluntary. I understand that Yoga is not a substitute for medical attention, examination, diagnosis or treatment, and I confirm that I have fully disclosed any and all conditions that I have or may have prior to participating in class.

I have carefully read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognise that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law and that it cannot be changed orally.

Signed:			
Print name:		Date:	

NOTE: The above questionnaire is designed to help Emily better understand your needs and how best to help. Please feel free to contact about any yoga-related questions or problems you may have.