



New Student Information and Release Form

Name _____ Date of Birth _____

Address _____ City/State/Zip _____

Email _____ Home Phone _____ Cell Phone _____

How did you hear about us?

Walk/Drive by Facebook Instagram Google Yelp Referral _____
Name of Student?

Ad _____ Another Student _____ Other _____
Where? Name of Student? Specify, please.

Do you have:	NO	YES		NO	YES
Osteoporosis?	<input type="checkbox"/>	<input type="checkbox"/>	Heart Problems?	<input type="checkbox"/>	<input type="checkbox"/>
High blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>	Take Medication?	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis?	<input type="checkbox"/>	<input type="checkbox"/>	Where? _____		
Any muscle injuries?	<input type="checkbox"/>	<input type="checkbox"/>	Where? _____		
Any joint injuries or problems?	<input type="checkbox"/>	<input type="checkbox"/>	Where? _____		
Are you vaccinated for Covid?	<input type="checkbox"/>	<input type="checkbox"/>			

Experience with yoga? Beginner Some Yoga Intermediate/Advanced Type of Yoga? _____

Any other information that may be important for us to know? _____

I have read, understand and agree to the release below.

Signature of student _____ Date _____

Parent if student is a minor _____ Date _____

I 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, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

I further understand that 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 Journey of Yoga or its instructors.

Journey of Yoga occasionally takes photographs and videos of students during classes and special events. By signing this agreement, I authorize Journey of Yoga to use my image in promotional materials.