



Yoga Client Information and Waiver Form

Information

Date: _____

Name: _____ Nickname, if preferred _____

Current Occupation: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Email address: _____

Phone #s: Cell _____ Home _____

Work _____ ext. _____

Preferred method for appt reminders? [] Email [] Cell [] Home [] Work

Emergency Contact: _____

Relationship: _____ phone #: _____

Who may I thank for your referral? _____

What's your experience with yoga?

Why are you starting private yoga sessions? What do you hope to achieve from our sessions together?

Are there any injuries or medical conditions (high blood pressure, surgeries, medical restrictions) I need to be aware of?

Are you interested in (check all that apply):

- | | |
|---|---|
| <input type="checkbox"/> asana/physical postures | <input type="checkbox"/> better balance |
| <input type="checkbox"/> breath work | <input type="checkbox"/> meditation |
| <input type="checkbox"/> stress management | <input type="checkbox"/> deep relaxation |
| <input type="checkbox"/> yoga philosophy | <input type="checkbox"/> energy work |
| <input type="checkbox"/> developing a home practice | <input type="checkbox"/> holistic health principles/practices |

PRIVATE LESSON POLICY AGREEMENT

(Check each box to show that you have read and agree to each policy)

For cancellations made less than 24 hours in advance, the full fee is due. Exceptions are made for clients who encounter unforeseen life-threatening medical emergencies and family deaths.

All private sessions are 60-75 minutes in length.

Private session packages expire one year from the date of purchase.

WAIVER

This form is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided at the bottom.

Waiver, Informed Consent, and Covenant Not to Sue. I _____, have volunteered to participate in a program of physical exercise under the direction of Erin Mathiason/Hatha Yoga with Erin, which will include, but may not be limited to, yoga postures, breathing techniques, and meditation. In consideration of Erin Mathiason/Hatha Yoga with Erin, agreement to instruct, assist, and train me, I do here and forever release and discharge and hereby hold Erin Mathiason/Hatha Yoga with Erin harmless from any and all claims, demands, rights of action, or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting therefrom.

This waiver and release of liability includes, without limitation, injuries which may occur as a result of equipment that may malfunction or break; any slip or fall within premises; and ailments during/post instruction.

Assumption of Risk. I, _____, recognize that exercise might be challenging and that there could be dangers inherent in exercise for some individuals. I understand that as a result of my participation in herein programs I could suffer an injury. I recognize that an examination by a physician should be obtained prior to involvement in any exercise program. If I _____, have chosen not to obtain a physician's permission prior to beginning this exercise program with Erin Mathiason/Hatha Yoga with Erin, I hereby agree that I am doing so at my own risk. In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate. I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand that results are individual and may vary.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST ERIN MATHIASON/HATHA YOGA WITH ERIN.

Client's Signature _____

Date _____