



Reveal Yoga

Student Registration Form

Welcome to Reveal Yoga. Please complete the following registration form to assist us in optimally serving your yoga interests and needs. Thank you.

Name _____ Date _____

Email _____ Age/DOB _____

Best Phone to Reach You _____ Cell Home Work

Emergency Contact Name: _____ Phone _____

Physical Address: _____

Have you participated in yoga before? Yes No If yes, with who and for how long?

Are you pregnant? No Yes If yes, what trimester? _____

PLEASE READ & SIGN | 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, discontinue the activity, and ask for support from the instructor. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Reveal Yoga and its instructors.

I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognize that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law in the State of New Hampshire.

Signature _____ Date _____