

Logo /Name

Registration/ Liability Waiver

I understand that yoga like any physical activity has the potential to cause injury. I take full responsibility for my safety. I will not hold _____, LLC or (partnering company/contractor) _____, LLC, any of their owners, employees or representatives in any way liable or responsible in the event of injury whether caused by negligence of the releases or otherwise.

Please initial next to each element:

- ☐ **Earth:** Mat/hatha yoga can cause injury if you not practiced with awareness of body sensation and balance of effort and ease. Poses should be modified or skipped if you have injury or chronic pain in an area being worked. Please always ask your instructor if you have questions or concerns.
- ☐ **Water:** Please make us aware of an inability to swim, substantial equilibrium imbalance. Also any injuries associated with shoulder region or back. **Weight limit 200pounds**
- ☐ **Air:** Aerial yoga is not recommended for those who are pregnant, on heavy menstrual flow, have uncontrolled high blood pressure or glaucoma. Other medical conditions may also exclude you from full inversions please ask if you have concerns. **Weight limit of 225 pounds to participate.**

Name: _____ Date of Birth _____

Address: _____

Phone: _____ e-mail: _____

I want to know what is happening at _____? Yes, indeed/ No, thanks

Are you pregnant? Yes No

Do you have any recent injuries or surgeries? Yes No

If yes please elaborate _____

Do you have any medical conditions we need to be aware of? Yes No

If yes please elaborate _____

We are curious... how did you find us? _____

Signature: _____

Date: _____

snagged this at: **TheYoke.Yoga**

Business information

address

website

e-mail

Studio Stuff: MB _____
CC _____