



PADDLE 101 / SUPYOGA / SUSPENSION YOGA INTAKE FORM

Please complete in its entirety. Scan or take a photo of this form and email it at least 24 hours prior to your class to: info@supnflow.com

Name: _____ Age: ____ Height: ____ Weight: ____

Address: _____ Smoker: N Y

City: _____ Province: _____ Postal Code: _____

Email: _____ Cell #: _____

Facebook: _____ Instagram: _____

Occupation: _____ Is your occupation affecting your wellbeing? If so, in what way _____

Do you have any injuries or medical conditions/medications we should know about? _____

In a scale from 1 to 10, how would you rate your fitness condition? _____

Circle if you have prior experience: PADDLE YOGA BOTH Level: _____

Which yoga modality? _____ You swim? Float Average Expert

What is your primary interest for taking classes **beside having fun**?

___ lose weight ___ gain flexibility ___ increase strength

___ relieve stress ___ relieve back pain ___ overcome injury

___ build a mindfulness practice other _____

PREPARING FOR CLASS

Paddle 101 / SUPYoga classes:

- Wear dry fit athletic clothing (no cotton), hat and sunscreen.
- No flip flops -barefoot or water shoes.
- Bring your water bottle.
- Bring your life jacket if you have one.
- Turn off your phone and keep it in a waterproof pouch if you bring it to class.

Suspension Yoga classes:

- Avoid eating 2 hours before practice. Bring your water bottle.
- Wear loose-fitting, athletic clothing.
- Turn off your phone upon entering the practice space.

For any class, take a moment and think of an intention you want to work towards during class.

TERMS & CONDITIONS - Please read and initial on the line

Liability Waiver. Students take full responsibility for their own health and any illness or injury that may occur during or after class. Students cannot and will not hold the instructor nor SUP&FLOW responsible in the case of death, accident or illness during and after practice.

Students are financially responsible for any loss and/or damage of our equipment.
An administration fee of 20% will be added to the replacement cost.

Purchases are final, no refunds, only rescheduling or exchange for other classes.

Students will follow all teacher's Covid-19 safety protocols and directions.

Don't lose momentum and keep connected. Can we send you our quarterly newsletter about upcoming classes, events, retreats? **YES** **NO**

We are awesome! Can we take your photo/video and show-off our amazing activities on social media? **YES** **NO**

When you post your fantastic photos and videos on your social media, **make sure you tag us @supnflow**. Thank you!

I have read and understand the terms and conditions of SUP&FLOW classes as outlined above.

Signed: _____

Name: _____ Date: _____