

Lynn Van Patten Yoga Light. Vision. Purpose.

807 Silvervine Dr
Marshall, MN 56258
507-828-1033

Name: _____

Phone: _____

Address: _____

Email: _____

(Email addresses remain confidential. We do not share with any other third party!)

Birthday: _____

How did you hear about us? _____

Have you practiced yoga before? _____

Emergency Contact: _____ Phone: _____

Are you pregnant? Yes/No If pregnant, what is your expected due date? _____

Please indicate any physical conditions or disabilities, current or chronic, medications or allergies that may limit participation in class. _____

I understand that Yoga and Pilates include physical movements as well as an opportunity for relaxation, stress reduction, and relief of muscular tension. I recognize that exercising may require some physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher.

Yoga is not a substitute for medical attention, examination diagnosis, or treatment. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in any of the Lynn Van Patten Yoga classes, lessons, or workshops. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my participation.

I knowingly, voluntarily and expressly waive any claim I may have against Lyn Van Patten Yoga, its owners, its members, instructors, or staff for any injury or damages that I may sustain as a result of participating in classes, lessons, or workshops

Session materials including, but not limited to notes, exercise descriptions, audio, photos and videos taken during sessions, regardless of delivery method, are for the use of the Lynn Van Patten Yoga and the client only. They are not to be shared or distributed in any way, unless with express written permission from Lynn Van Patten Yoga.

Lynn Van Patten Yoga may use session materials as described above in promotional or educational materials either in print, or on social media, or on lynnvanpattenyoga.com. Such use is at the sole discretion of Lynn Van Patten Yoga.

I also understand that at times, photographs or video may be taken during classes or events. I knowingly, voluntarily and expressly waive any claim I may have arising out of or connected to the use of photograph(s) or video.

I consent and authorize Lynn Van Patten Yoga or any entity authorized by Lynn Van Patten Yoga to copyright, use and publish any of the images in any format taken of me during private instruction, classes or events. I understand these images may be used for a variety of purposes and may appear on the Lynn Van Patten Yoga website, promotional materials or any other media now known or to be invented.

Since anyone can download an image from the Internet or make copies from printed materials, I agree that Lynn Van Patten Yoga is not responsible for unauthorized use of the images. I am aware that I am not entitled to any compensation and that the images may appear with or without my name.

By signing below I acknowledge I have read and understand this release.

Date: _____

Signature: _____

Required for individuals under 18

Parent/Guardian: (Print and sign): _____