



## YOGA WITH JOSIE

78 Cassino Ave, Guelph, ON N1E2J3

519-400-1429

755486529RT0001

### Name

First Name

Last Name

### Email

### Phone Number

### Address

Street Address

Street Address Line 2

City

State / Province

Postal / Zip Code

## Emergency Contact

Phone Number

Are you currently experiencing any of the following?

Asthma

Muscular Injury

Joint Injury

Pregnancy

High blood pressure

Low blood pressure

Dizzy/Fainting spells

Epilepsy

Seizures

Diabetes

Surgery in the last 5 years

Anything to be discussed online or by phone that Josie needs to know

Anything else that needs to be listed below

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Additional health information:

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Payment is \$40.00 per 1-hour session either cash or by etransfer to [healthcoachjosie@gmail.com](mailto:healthcoachjosie@gmail.com). It is recommended to maintain regular weekly or bi-weekly appointments using the same day and time.

Other sessions offered:

Health Coaching

Reiki Energy Healing



Please bring a bottle of water to class along with your mat and any yoga props you might use to assist you in your practice. Also, please wear comfortable clothing and know that this is a safe space to quiet your mind and look inward to what needs healing. Ensure you are well hydrated and nourished before coming to class for optimal energy.

During this time of COVID-19, it is recommended that everyone be aware of social distancing, the use of hand sanitizers and not going out in public if you are unwell. There is much debate over the wearing of masks and in some cases it is mandatory under law. However, I believe that it is *extremely dangerous* to perform an exercise that is increasing respiration and heart rate while wearing a covering over the nose and mouth. I will ask that none of my students wear a mask while we are in our yoga practice. I will not be wearing a mask as I will be giving instruction and must be heard clearly and concisely by my clients.

### **Disclaimer - Please Read Carefully**

If at any time during the session, you feel lightheadedness, discomfort, or strain, gently come out of the posture and lay prone on your mat for as long as you need to and notify your instructor if you require medical assistance.

You may rest and drink water at any time during the class.

It is important in yoga that you listen to your body and respect its limits on any given day.

Please remain quiet for the duration of the class especially during the meditation moments. For some people, this is the only quiet time they get in a day.

Please be respectful to your classmates.

I, the undersigned, understand that yoga is not a substitute for Medical Attention, Examination, Diagnosis, or Treatment. I should consult a medical doctor before beginning any program, including yoga for my overall wellbeing.

I recognize that it is my responsibility to notify my Instructor of any serious illness or injury before the yoga session. I will not perform any postures to the extent of strain or pain.

I accept that neither the Instructor, nor the Hosting Facility is Liable for any injury, or damages, to person or property, resulting from participating in these sessions.

Date



Month    Day    Year

I agree to all of the above and that I have been open and honest about my health

Please check

Signature

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