Name:

Mailing address:

Email Contact number:

How did you hear about this class?

What are your primary goal for attending Yoga, Dance, Exercise class. Please circle the desired class.

Please circle your previous activities. Yoga Dance Group fitness Out door walk, Jog

other/ specify\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please check any existing or previous condition/s:

Please list any other health concerns, injuries,allergies, medical conditions.

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|  |  |
| --- | --- |
|  Back/Neck pain |  |
| Knee pain |  |
| Low blood pressure |  |
| High blood pressure |  |
| Anxiety/depression |  |
| Pregnancy (current) |  |
| Hip pain |  |
| Glaucoma |  |
| Low blood sugar |  |

 Participants take part in exercise at their own risk.

If your doctor has recommended that you avoid any particular exercise, please make sure you inform your instructor. In any physical activity, risk of serious physical injury is possible. Different types of Yoga, mindfulness sessions, Dance, group fitness classes and activities are not substitute for medical diagnosis and/or treatment. The participant assumes the risk of Yoga and other activities taken by participant at Honey Bees Studio and releases the teacher (s) staff, owner, manager from any Liability claims.

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(please print name) am participating in classes or workshops with Honey Bees Studio. I am fully aware of the physical risks involved with exercise and understand it is my personal responsibility to consult with my doctor regarding my participation. I have no medical condition, which I am aware of, that would prevent me from taking part in classes or workshops, and I assume responsibility for any risk or injury I may sustain as a result of my participation. I have read the above release and waiver of liability and understand its contents. I understand that it is my responsibility to find a pace that suits me. I agree to the terms and conditions stated above.

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_