

Student Information

Name: _____

Email / Phone: _____

Age (mm/dd/year): _____

Allergies: _____

Injuries: _____

Emergency Contact

Name: _____

Phone: _____

Relationship to Student: _____

Liability

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress, re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against (Nicole Hopkins / Atman Yoga / Danscott Studio)

Signature of Student, Parent or Guardian (if student is under 18 years of age)

Date