

Welcome to Yoga Born!



1735 Ellington Rd, Stop & Shop Plaza, South Windsor. 860-432-5678 YogaBorn.com

Full Name: _____ Birthday: _____

All your details are kept confidential.

Month/Date/Year

Please help us serve you better by selecting your preferred pronoun:

He She They Ze Not Listed No preference

Mailing Address: _____

City & State: _____ Zip Code: _____

Email: _____

Home Telephone: _____ Cell Phone: _____

**IN ORDER FOR YOU TO PARTICIPATE IN ANY ACTIVITIES IN ANY WAY CONNECTED TO
Yoga Born Studios LLC, YOU MUST CERTIFY THAT YOU AGREE TO
TERMS CONTAINED HEREIN:**

The instructor(s) nor Yoga Born accept any responsibility for injury. Student is responsible to have obtained written consent from medical professional prior to beginning these activities.

I, the undersigned, understand that Yoga Born Studios LLC programs are not a substitute for medical attention, examination, diagnosis or treatment. I should consult a physician prior to beginning any activity program, including yoga. I recognize that it is my responsibility to notify my teacher of any serious illness or injury before every yoga class. I will not perform any activities to the extent of strain or pain.

I accept that neither the instructor(s), nor the hosting facility is liable for any injury, or damages, to person or property, resulting from the taking of any indoor or outdoor program.

Those under 18 years of age must have this form signed by a parent or guardian.

If at any time during any class or program, you feel discomfort or strain, listen to your body, and respect its limits and inform the instructor immediately.

Signature

Date

What you need to know before your first class: Arrive early. Avoid eating before class. Barefoot is best. Dress comfortably. Keep coming back! Skip perfume.

Main reason for visiting us? Strength Flexibility Stress Other _____

Which aspect of your health are you interested in improving? Physical Mental Emotional Spiritual

How did you find us? Print Website Social Media Friend _____

print name clearly, we want to thank them