



Name _____ Phone _____

Street _____ City _____

State _____ Zip Code _____ E-mail _____

Date of Birth _____

Emergency Name: _____ Emergency Contact# _____

Occupation _____ Employer _____

How did you learn about us? (Please check one.)

Walk-in/Drive By Internet Advertisement Social Media Other: _____

Friend Referral PLEASE PRINT NAME _____

What previous or recent accidents, injuries, surgeries, or health conditions do you have?

Are you currently under any medical care or supervision? (Y/N) _____

If so, what for? _____

Do you exercise? If so, what type of activity? _____

Do you have kids? Y/N (We have kids yoga , *Only If interested in receiving marketing items please share kids ages.) Ages: _____

Are you pregnant? _____ Due Date? _____

Are there any other issues, concerns or information you would like your instructor to know? _____

What type of class are you attending today? _____

Experience (circle one) **None** - **Less than 1-year** - Other _____

I 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, Changa Bell, owner and teacher. I will do my best to breathe pose accordingly. 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 have been checked by my doctor and cleared to practice yoga prior to class.

I hereby agree to irrevocably release Sunlight and Yoga, LLC, Chief Yoga Officer, Changa Bell and any practitioners and their insurers, from all liability of any nature whatsoever, whether past, present, or future for injury or damage which may occur. I agree to hold harmless and defend Sunlight and Yoga, LLC and the practitioner of any and all actions, claims, or other legal or administrative action that has arisen or may arise from my participation in this service. Prior to class I have the right to refuse this policy, understanding that if I refuse I must do so in writing stating clearly that I refuse these terms of service and thereby deny my request for service. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Sunlight and Yoga, LLC (S&Y) is an Iyengar influenced YOGA studio. Iyengar is most famous for its emphasis on proper alignment. Proper alignment improves circulation, creates inner space (literally in the joints), and brings a balanced flow of energy through the whole body, which leads to health and well being. Beginner students tend to disturb other parts of the body when they make adjustments. For example, beginners will often turn the head when they want to twist the spine. Mature practitioners develop a body awareness. Through an understanding of how everything is connected, they are able to make any adjustment without disturbing the rest of the body.

PLEASE BE AWARE THAT THIS PRACTICE MAY MAKE HANDS ON ADJUSTMENTS TO YOUR POSES. IF YOU WOULD NOT LIKE TO BE ADJUSTED IT IS COMPLETELY YOUR RESPONSIBILITY TO INFORM YOUR INSTRUCTOR PRIOR TO CLASS, EVERY CLASS.

Signed: _____ Date _____