

Thank you for choosing Yogagrín® 😊

NEW STUDENT FORM – Please complete and bring along with you to your first class

Student's Name: _____ D.O.B (mm/yyyy): _____

Address: _____ Postcode _____

Email: _____ Phone: _____

Would you like to receive emails on Yogagrín news and/or events? (your email is not given to anyone else - promise) YES NO (please circle one)

How did you hear about us (circle one)? Word of mouth Google Flyer Other internet Other

Yoga History/Expectations: (If new to yoga what are your interests, concerns or questions? If you practice, please share how long & style of yoga and/or what you hope to gain):

Name and phone of emergency contact: _____

PLEASE READ CAREFULLY:

Your teacher should be informed, BEFORE THE CLASS, PREFERABLY EARLIER BY PHONE, of any recent injury, illness, surgery or commencement of pregnancy. Yoga is safe and beneficial when practised CONSCIENTIOUSLY AND CONSCIOUSLY. Every possible care will be taken by your teacher to ensure your well-being and safety, but they cannot be responsible for improper practice at any time. As a student of Yoga it is important that you realise your responsibility to yourself; therefore it is necessary to read, understand and accept the following agreement.

AGREEMENT:

I understand that the instructions given throughout the classes are intended only as guidance. It is therefore my own responsibility to adjust my practice according to my own limitations to ensure that no personal injury occurs. I acknowledge that I will be participating in the classes voluntarily at my own risk, and I hereby declare that I take full responsibility for myself and my personal belongings during the classes. I also understand the importance of correct guidance and undertake not to pass on nor teach any of the Yoga and other techniques taught in class without full understanding of the proper use of Yoga.

My signature below signifies that I have read, understood and accept all of the above.

Signed: _____ (Student) Date: _____

Namaste