

Jeweled Lotus Yoga, LLC
104 S. 2nd Street
Leesburg, FL
352.874.3272
www.jeweledlotusyoga.com

New Student Form

How did you hear about us? (please choose one or more of the following):

____ Internet: **website** **search engine** **yoga directory** **yoga journal** **yoga finder**
____ Newspaper _____ Magazine/other publication _____
____ Other (please list) _____
____ Friend, family, co-worker (who?) _____

Please read the following form carefully. Your signature at the bottom signifies you have read and understood the content of this form.

I, the undersigned, am fully aware that participation in yoga classes, dance classes, Thai therapy sessions, or massages at Jeweled Lotus Yoga, LLC, includes but is not limited to, participation in the performance of various yoga postures, meditation techniques, and breathing techniques. I, the undersigned, am fully aware that yoga postures (asanas) exercise every part of the body: stretching and toning muscles, joints, & ligaments, lengthening the spine, aligning the entire skeletal system, and strengthening muscles. I, the undersigned, understand that these postures may also have effects on internal organs, glands and nerves. I understand that all yoga exercises may not be appropriate for everyone and by signing below I am acknowledging that a) I have informed the instructor of any pre-existing conditions, recurring injuries, and any and all other health conditions that may make yoga asana, meditations, or breathing techniques unsuitable for me, b) I have consulted my physician prior to beginning a yoga practice, and c) I will continue to inform the instructor of any physical conditions that may arise in the future. I understand that yoga is a highly individual and non-competitive activity and **I am fully responsible for the quality of my yoga experience.** I, the undersigned, agree to respect my body's limitations as I proceed through the practice of yoga at Jeweled Lotus Yoga, LLC. My signature acknowledges that I will progress at my own pace. By signing below I am further acknowledging that if at any point I feel overexerted, I will rest before continuing. By signing my name below, I acknowledge that participation in yoga classes or any other activity at Jeweled Lotus Yoga, LLC, exposes me to the risk of personal injury. I am fully aware of said risk and hereby release Jeweled Lotus Yoga, LLC, of Leesburg, Florida, Kellie L. Adkins, Stephen K. Mulford, and/or any other instructor who may teach at Jeweled Lotus Yoga, LLC, from any and all liability, negligence or other claims arising from or in any way connected with my participation in yoga classes or other activities at Jeweled Lotus Yoga, LLC. I understand and agree to accept gentle adjustments in the course of my yoga practice from any instructor of Jeweled Lotus Yoga, LLC. My signature further acknowledges that I shall not now or at any time in the future bring any legal action against Jeweled Lotus Yoga, LLC, Kellie L. Adkins, Stephen K. Mulford, and/or any other instructor who may teach at Jeweled Lotus Yoga, LLC, and that this waiver is binding on me, my heirs, my spouse, my children, my legal representatives, my successors and my assigns. My signature verifies that I am physically fit to participate in yoga classes, dance classes, Thai yoga therapy, or massage sessions and if I am not physically fit, I have received permission from a licensed medical doctor to participate in this event. If I am pregnant or become pregnant or am post-partum, my signature verifies that I am participating in yoga classes with my physician's approval. I realize that I am participating in yoga classes at my own risk. My signature is binding to this liability waiver from this day forth. My signature also indicates my permission to use pictures, videos, or other promotion materials in which I may be a participant.

Signature: _____

Name (printed legibly): _____

Address: _____

Email: _____ Phone: _____

Birthday: _____