

Ongoing Class Registration Form

Living Yoga (formerly Down Doggie), 115 S. Church St., Grass Valley, CA 95945

www.livingyogalovinglife.com (530) 272-7722 recorded info only (530) 913-5899 Inquires

Studio Drop In Rates:

1 hour class \$13
1.25 hour class \$14
1.5 hour class \$15

Please ask class teacher for quantity discount packages and introductory offers. PLEASE MAKE CHECKS OUT TO THE TEACHER DIRECTLY.

DROP IN Passes Available: purchase any number of drop-ins to prepay and use pass instead of paying each time. Enjoy no expiration date. A Drop In Pass is to be used for classes of the same duration only.

Please write below which class you are attending today:

Day/Time of Class: Instructor's Name:

PLEASE WRITE LEGIBLY AND COMPLETE FORM.

Your Name: Birthday:

Mailing Address:

City: State: Zip:

Phone: Cell: Email:

Emergency Contact

Name Relationship

Day time phone Night time phone

Have you done yoga? If yes, how long and what style(s)?

List injuries current/past or physical conditions that interfere with your mobility or your breathing? Print NONE if none.

Please share with us how you were referred to the studio:

NEWSPAPER INSIGHT FRIEND FLYER BRIARPATCH AD PHONE DIRECTORY WEBSITE OTHER

Waiver of Liability (for all events)

Practicing yoga is about practicing self-care and self-responsibility. I understand that I am responsible for my experience during class and release the instructor and Living Yoga from any and all liability related to my experience. I will avoid injury by listening to my body and asking questions if I am uncertain.

Signature: Date:

Authorization for Physical Adjustment (if applicable & optional)

I understand that the instructor in the course of instruction may need to touch me to help me align my body in the postures and I give my consent for the instructor to instruct me in this way.

Signature: Date: