



PARTICIPANT INFORMATION & WAIVER FORM

SECTION I: GENERAL INFORMATION

Name: _____ Birthdate (optional): _____

Address: _____ City/State/Zip: _____

Primary phone (cell preferred): _____ E-mail: _____

How did you hear about us? _____

Primary reason for visiting? _____

Have you done yoga before? YES NO Style(s): _____

Do you mind being adjusted? YES NO Comments: _____

Emergency Contact Name: _____ Emergency Contact Phone: _____

SECTION II: RISK ASSESSMENT

Heart Disease	YES	NO			
Shortness of Breath or Chest Pain	YES	NO	Inhaler?	YES	NO (if "yes", please bring it to every class)
High Blood Pressure	YES	NO			
High Cholesterol Level	YES	NO			
Significant Bone/Joint/Muscle Pain	YES	NO	Location:		
Back Pain	YES	NO			
Diabetes	YES	NO	Insulin Dependent?	YES	NO

Any additional health issues? Please explain: _____

Are you active? YES NO Activity or Exercise: _____

Are you currently taking any medication(s)? YES NO Type: _____

SECTION III: AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I, _____ hereby agree to the following:

1. That I am participating in the yoga class/workshop, offered by Christy Mannino, during which I will receive information and instruction about yoga and health. I recognize that yoga may require some physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
 2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the yoga class/workshop. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in the yoga class/ workshop.
 3. In consideration of being permitted to participate in the yoga class/workshop, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
 4. In further consideration of being permitted to participate in the yoga class/workshop, I knowingly, voluntarily and expressly waive any claim I may have against Christy Mannino, and the Cornwall Professional Building, for any injury or damages that I may sustain as a result of participating in the program.
 5. I, my heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts.

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.

Participant's Signature: _____ Date: _____

If registrant is under 18 a legal guardian's authorization is required:

As legal guardian of _____, I consent to the above terms and conditions.

YOGA ETIQUETTE: RESPECTING THE PRACTICE AND OTHERS



Yoga is a practice for our physical, mental, emotional, and for some, spiritual well-being.

As such, there are some basic guidelines to practicing in a studio setting:

- Kindly refrain from using perfumes or scented body sprays and lotions before coming to class. Others may be highly sensitive to smells, and we are in tight quarters, focusing deeply on breathing. Please DO use deodorant
- Parking is available to the side and back of the Cornwall Professional Building as well as in front *on the street*. Please do not park in the spaces immediately in front of the building or my door
- Arrive 5-10 minutes early; we begin each class promptly at the start time and do not allow people to enter late (if the door is closed, we have already begun. Out of respect for others, please do not enter)
- As yoga is a practice of detachment, please minimize the "stuff" you bring with you; all personal items not needed for your practice should be left either in your car or in the front cubbies, *including shoes*
- Silence all cell phones or leave them in your car (please do not turn your phone to vibrate as this still produces a sound); if you are on call for EMERGENCY (medical) work, you may silence your phone and keep it with you by your mat
- Please enter our space in a peaceful manner; this is a time to shift inward. Lower your voices, leave gossip, complaining, negative and inappropriate talk outside. Keep chatter before class to a minimal and just above a whisper
- Please refrain from "claiming" or reserving a mat space; be willing to move your mat to make room for others
- Please do not walk on other's yoga mats; these not only designate our personal space within the room, but for many practitioners, also serve as sacred ground
- Kindly do not pick your feet or toe nails prior or during class
- Ujjayi breathing is not practiced; however, if you are familiar with it, you may use it as long as it is an internal *vibration* rather than an outward audible sound. Your neighbors should NOT hear you
- As much as you are able, please try to keep bathroom use to before and after class
- I encourage you to get into your body as much as possible throughout our practice, however, please refrain from doing your own personal practice that is noticeably different from what is being taught (notify teacher of injuries prior to class)
- Finally, RESPECT – yourself, each other, the teacher and the practice – even if the style is not for you

Thank you for your understanding and cooperation ~ Namaste