Welcome to Wild Lotus Yoga! Please fill out this form and sign.

• Month ☐☐ • Day ☐☐ • Year ☐☐

• Class ☐☐☐☐☐ • Teacher ☐☐☐☐☐

• Have you practiced yoga before? Y N

• If so, what kind? _____

• How long? _____

• First Name Below

• Last Name Below

• E-Mail Below

• Street Address- City and State Below • Zip Code Below

• Phone Numbers Below

• Emergency Contact Name and Number Below

• Your Birthday: Month ☐☐ Day ☐☐

• How did you hear about Wild Lotus Yoga? Please check one or more.

(O) Neighborhood/ (O) Gambit/ (O) Alternatives/ (O) Chil Magazine/ (O) Yellow Pages/
(O) Times-Picayune/ (O) Website/ (O) Flyer, where did you see the flyer? _____
(O) Friend/Relative - please tell us who referred you _____
(O) Other, please describe _____

• Do you have any injuries or illnesses that we should know about? Are you pregnant? Please notate here (and continue on back of form if necessary) and inform your teacher _____

_____

• What do you hope to receive from your yoga practice? _____

• *Please sign the agreement to the right. Thank you!*

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I hereby agree to the following:

1. That I am participating in the Yoga Classes, Health Programs, Workshops, or Retreats offered by Wild Lotus Yoga, L.L.C. during which I will receive information and instruction about yoga and health. I recognize that yoga requires 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 Classes, Health Programs, Workshops, or Retreats. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in the Yoga Classes, Health Programs, Workshops, or Retreats.

3. In consideration of being permitted to participate in the Yoga Classes, Health Programs, Workshops, or Retreats, 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 Classes, Health Programs, Workshops and Retreats, I knowingly, voluntarily and expressly waive any claim I may have against Wild Lotus Yoga, L.L.C., including teachers, substitutes, employees, landlords, and affiliates for 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 not to sue Wild Lotus Yoga, L.L.C., teachers, substitutes, employees, landlords, and affiliates for any injury or death caused by their negligence or other acts.

6. As a student in this yoga class, health program, workshop, or retreat, I will give my highest attention to my well being. I will work with patience and an open mind in the self-discovery process. If I move with care, intelligence, courage applied safety and self awareness, then injury is unlikely. Should injury occur, the yoga teacher, classroom facility, and all teachers, substitutes, employees, landlords, affiliates (including Wild Lotus Yoga, L.L.C) are absolved of all responsibility. I am fully responsible for the outcome of my yoga practice and participation in this class and I am hereby educating myself to the best of my ability.

I understand that I should report any health problems to my physician. I will keep my yoga teacher informed of any changes in my health, including pregnancy.

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.

_____ _____
DATE SIGNATURE OF PARTICIPANT

If participant is under 18:

AS LEGAL GUARDIAN OF _____,
I CONSENT TO THE ABOVE TERMS AND CONDITIONS.

_____ _____
DATE SIGNATURE OF PARENT/GUARDIAN