



Name: _____

Date of Birth: ___/___/___

Mobile: _____

E-mail: _____

Emergency Contact Person Name: _____

Emergency Contact Phone Number: _____

I'm glad you found Body N Soul Yoga, how did you find us?

Referred by

Facebook Website Other

Body N Soul Yoga uses Punchpass to book classes. Within Punchpass you can see the current classes and workshops and book into classes and pay online.

Cancellation of classes will be on the schedule in Punchpass.

* * *

Please list any physical conditions or disabilities, current or chronic, any medication taken at this time or any allergies. This information will help the instructor modify and tailor poses for your comfort and safety. Always practice within your own limitations.

Participation in classes at Body 'n Soul Yoga includes, but is not limited to, participation in meditation techniques and Yogic breathing techniques and performing various Yoga poses.

Each class is an individual experience. I understand that in any classes at Body N Soul Yoga, I should progress at my own pace. If at any point I feel overexertion or fatigue, I will respect my own body's limitations and I will rest before choosing if I should continue in the class.

By signing my name below, I acknowledge that participation in classes at Body N Soul Yoga exposes me to a possible risk of personal injury. I am fully aware of this risk and hereby release Body N Soul Yoga from any and all liability, negligence, or other claims, arising from, or in any way connected, with my participation in classes or workshops.

My signature verifies that to the best of my knowledge I am physically able to participate in the Yoga classes.

My signature is binding to this liability waiver from this day forth.

Signature _____ Date _____