



sourceyoga

Center for Yoga and Mindfulness

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ If you are pregnant, what is your due date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Do you have immediate family members who attend; spouse, child? Yes  No

If yes whom? \_\_\_\_\_ Relationship: \_\_\_\_\_

How did you hear about us? Ad  Auction  Facebook  Flyer  Google  Yelp

Health Fair  Walk-in  Website  Friend/Family  Referred by: \_\_\_\_\_

What classes are you interested in: Intro Series  Basic  Active Flow  Sunrise

Kids's  Meditation/Mindfulness  Therapeutic  Workshops/Retreats

Prenatal  Mom & Baby  Gentle/Restorative  Wee Ones

Your Skill Level:  Beginner  Basic  Intermediate

Your age range: 6-18  19-20  21-25  26-35  36-45  46-65  65+

Your teacher will encourage you to work at your own pace and listen to your body, being responsible for your own well-being. They are highly trained at giving instructions that will allow you to practice yoga safely. Please keep this in mind as you practice, and participate in classes that are appropriate for your physical ability. If you have any questions regarding this, you may ask any of the staff and we would be happy to assist you in finding the classes that will serve you the most. I understand that yoga can be physically strenuous and I participate in it with full knowledge that there is risk of personal injury. I agree that I will in no way hold Source Yoga or its teachers responsible for any injuries that I may incur.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

(if under 18, parent or guardian must sign)

Parent/Guardian Name (please print) \_\_\_\_\_