



## New Student Form ~ PLEASE PRINT ~

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Best phone # to reach you at \_\_\_\_\_

E-mail \_\_\_\_\_

Birthday \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Have you practiced Yoga before? \_\_\_ Yes \_\_\_ No

If yes, for how long and with whom or where?

\_\_\_\_\_

Emergency contact name & phone

\_\_\_\_\_

Relationship to you: \_\_\_\_\_

Membership can be suspended or canceled anytime for behavior which the Studio sees as inappropriate (initials) \_\_\_\_\_

Signature \_\_\_\_\_

Parent's signature if student is under 18

**Please read and sign reverse side of this form:**

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## Student Release & Waiver of Liability

I acknowledge and agree that I will be practicing in the Yoga classes and/or workshops offered by UpDog Yoga, Inc. (hereafter the "School") during which I will receive instruction and information about Yoga. 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. Further, I acknowledge and agree that during my participation in the classes and workshops instructors may physically adjust me. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the School's classes and workshops.

In consideration with being permitted to participate in the School's classes or workshops, I voluntarily agree to assume all risk of injury, illness, death, damage or loss to person or property (including economic losses) which may result in any way from my participation in the School's classes and workshops.

In further consideration of being permitted to participate in the School's classes and workshops, I forever release and discharge the School and it's affiliates, agents, officers, contractors and employees from any and all claims, demands or liabilities of any type, present or future, known or unknown, suspected or unsuspected, anticipated or unanticipated, arising from or relating to my participation in the School's classes and workshops including, but not limited to, photographs, video recordings, tape recordings, and/or any claims, demands or liabilities arising from the negligence of the School. I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against UpDog Yoga or its members for any personal injury, property damage/loss, whether caused by negligence or otherwise.

I understand and agree that this Release and Waiver applies to any and all of my uses of and activities at the School including, but not limited to, observation and inspection of the School, use of the premises and any equipment or other items located at the School, my participation in any classes and workshops, and entering or exiting the School. I agree that UpDog Yoga is not responsible for the safekeeping of my personal belongings while I attend class.

I have read and fully understand the Release and Waiver, and have executed it voluntarily and without coercion.

Signature: \_\_\_\_\_

Parent's signature if student is under 18

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_