



New Student Registration

Name _____ Cell Number _____

Address _____

City _____ State _____ Zip _____

Birth Date _____ Email: _____

Emergency Contact: _____ Phone _____

How did you hear about us? Website Walk-In Coupon/Ad Other _____

Who can we thank for referring you today? (Name) _____

Please list any injuries, ailments or conditions you have present/past:

Release & Waiver of Liability: I recognize that yoga classes are voluntary and involve physical exertion which could cause bodily injury. I certify that my level of physical condition determined by my physician and myself will allow me to safely participate in classes at the studio. I certify that I am voluntarily participating in these activities and I assume all risks, consequences, and potential liability for this participation. I also understand that, individually and on behalf of my heirs, assigns or any other associated party ("Relatives"), I hereby release Be One Yoga, LLC and its instructors from responsibility for any injuries I may receive as a result of participation in any program/classes offered at Be One Yoga, LLC. Be One Yoga, LLC is not liable for any loss or damage to personal property.

I HEREBY RELEASE, WAIVE, DISCHARGE AND AGREE NOT TO SUE BE ONE YOGA, LLC, AND ITS EMPLOYEES, INSTRUCTORS, VOLUNTEERS, AND THEIR SUCCESSORS, HEIRS AND ASSIGNS (JOINTLY "RELEASEES") FOR ANY AND ALL CLAIMS, DEMANDS, LOSSES OR DAMAGES ON ACCOUNT OF ANY INJURY ARISING OUT OF THE ACTIVITIES.

Acknowledgement: I have carefully read this Waiver and Release and agree to all the provisions above. I fully understand its terms, without reservation and, accordingly, my Relatives and I are waiving substantial legal rights.

This document shall be valid for all future activities I may participate in.

Signature _____ Date _____

(If under 18, parent or legal guardian signature required.)

Parent or Guardian's Signature _____ Date _____

Studio Etiquette:

Please initial below to indicate you understand and will abide by these guidelines for the studio. These ensure a pleasant, safe environment for all clients and employees.

_____ Arrive early or on time for class. Late arrivals up to 10 minutes after class starts may be allowed *only if there is space and someone is working the front desk. No late arrivals 10 minutes after class starts will be allowed.* For morning and noon classes on weekdays and evening classes on weekends, when no one is at the desk, *the door will be locked promptly when class begins.*

_____ Stay for the entire length of class unless special arrangements have been made with the instructor prior to class. When students leave early it disrupts the flow of class, even in the last minutes.

_____ Store belongings in the locker room in the space provided. Leave cell phones, bags, shoes and all other personal items in the locker room. *Bring only mat, water bottle and towel into the studio.*

_____ Be considerate of others at all times. *Act mindfully in the studio, rolling your mat out quietly and practicing silence – which includes no talking inside the practice space.* Conversations are encouraged in the lobby and locker rooms.

_____ Respect the massage therapists and their clients. Sometimes there are scheduled massages during class times in the back of the studio. *In order to create a peaceful environment for those enjoying a massage, practice mindful speech and sound in the hallway near the studio.* There will be a sign up to indicate when a massage is taking place.

_____ *Use the indicated towels to clean your mat and block. These differ from the lavender towels given out at the end of a class.* There is a station for mat cleaning behind the front desk. Lavender towels handed out at the end of class are for your enjoyment and mat towels are for cleaning your mat.

_____ Arrive with a clean body, free of perfumes or body sprays. Deep breathing exercises in class become difficult with strong smells in the air.

Signature: _____ Date: _____

Printed Name: _____ Date: _____

Thank you for visiting Be One Yoga!
We sincerely hope you enjoy your experience with us.