



Student Information Form

Today's Date: _____ Event Attending: _____

First Name: _____ Last Name: _____

Address: _____ City/State/Zip: _____

Home Phone: _____ Cell Phone: _____

Date of Birth: _____

Email Address: _____

Emergency Contact: _____ w/phone: _____

Yoga Experience: (how many years & different styles of practice)

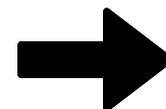
Physical Injuries or Limitations: _____

How did you hear about us? _____

Are you interested in being on our mailing list & receiving newsletters, class & workshop notifications, etc. _____.

Any other information you would like us to know or special requests:

Turn over to sign





Professional Disclosure & General Release Form

Welcome! Please take a moment to read the following information and sign below. If you have any questions, please don't hesitate to ask before, during or after class.

Yoga is more than just physical exercise. It's a balanced approach to the integration of body, mind, heart and spirit, and seeks to create deeper levels of physical health and vitality, relaxation, awareness and well-being. All exercise programs involve a risk of injury, and by choosing to participate in classes at Open Sky Yoga Barn, you voluntarily assume a certain risk of injury. To reduce your risk of injury, please abide by the following guidelines:

- *Please inform the teacher of any injuries or limiting physical conditions prior to class.
- *Do not force or strain in any of the postures.
- *Follow the instructions of the teachers carefully.
- *Listen to your body and respond to its needs at all times, even if that means coming out of a posture earlier than the group or modifying the posture to meet your needs.
- *Breathe fully, evenly and smoothly throughout each posture.
- *Pregnant women must consult their health care provider before enrolling in this class.
- *During menstruation, women should listen to their bodies when practicing inversions or deep back bends, it is a personal choice and not always indicated.
- *Those with high or low blood pressure or other chronic or serious health conditions or injuries should consult with their health care providers first and then also consult with the OSYB teacher before the start of the class.

The undersigned assumes all risk of damage or injury that may occur as a student in OSYB yoga classes and following instruction at home. I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against Open Sky Yoga Barn, LLC or its members for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise. In consideration of being accepted as a yoga student, the undersigned releases and discharges Open Sky Yoga Barn, LLC and Cathy Whelehan from any and all claims, demands, and actions of any nature, whether present or future, anticipated or unanticipated, known or unknown, that result from the undersigned's participation in yoga class or practice of yoga outside of class.

*** I have read, understand and agree to the content of this release form.**

_____ Signature _____ Date
_____ Printed Name _____ Date