



Dear Friend,

First off ... Namaste! ... and welcome to our community!

We Kindly ask that you fill out this form before attending your first class at our facility and submit it in at our check in counter when you arrive.

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

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

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_  SO WE CAN REMEMBER TO CELEBRATE! 

Emergency Contact Name: \_\_\_\_\_ & Number: \_\_\_\_\_

- Upon entering Good Vibes Yoga & Kombucha bar at any occurrence in any location, I understand that Good Vibe's offers knowledge and guidance on both the physical and mental aspects of the practice of yoga. I therefore understand that yoga can at times be a strenuous practice and involves movements that could result in physical injury.
- I understand that I am responsible to make decisions based on my bodies own capabilities and limits. It is my responsibility to determine if I am able to take part in the practice and also hold the responsibility to consult with a lincensed physician before taking these classes if unsure I can do the practice, for whatever reason. This includes being pregnant, for which If I do participate in a class while pregnant or injured, I understand I would need to advies the instructor of this before class.
- I understand that the practice of yoga involves also props such as blocks, straps, wheels, and cushions as well as instructors may offer physical adjustments to students during classes and sometimes rubs, towels, or stones during savasana (resting pose) for which I understand physical contact is involved and if I do not wish to receive such contact to advise the instructor before class or follow prompts instructor offers to avoid such contact.
- I also understand that classes may involve references of spirituality in classes and are offered as a support to the philosophical side of yoga, therefore I understand Good Vibes Yoga does not use such references as to suggest myself or any studio guest should follow in their own lives and are not intended to be offensive in any way.
- Furthermore I am fully aware and understand all of the foregoing and hereby waive, release and hold Good Vibes Yoga harmless for any claim I may have as a result of my attendence at Good Vibes Yoga, including but not limited to any injury at any time of any kind or any person or entity affiliated therewith, including byt not limited to, the founders, principals, instructors, employees, volunteers, agents and/or representatives.

I have carefully read the above release of liability and fully understand and agree to the above by signing below.

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

Parent or Gardian must sign belof for a minor under the age of 18

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