

Sonoma Body Balance
708 Gravenstein Highway N., #276
Sebastopol, CA 95472

New Student Questionnaire – Yoga

What are your goals for learning yoga?

- Improve posture Increase relaxation
- Reduce pain (list areas: _____)
- Prevent future pain Increase flexibility
- Improve strength Other: _____

Have you done yoga before? YES NO For how long: _____

Do you have any injuries/conditions that I should be aware of? _____

How did you hear about this class? _____

Legal Disclaimers and Liabilities:

Yoga is not a substitute for proper Medical consultation for physical, mental and psychological illnesses and may not be suitable for everyone. Dana Davis and other teachers at Sonoma Body Balance, LLC decline any responsibility from incidents resulting from these Yoga or Health classes or from your use of Sonoma Body Balance studio. It is your responsibility to pro-actively consult your trained physician for approval before participating in any Yoga or Health classes. By taking part in these classes, you accept full responsibility for your physical fitness and state that you are able to participate safely in the activity.

Please Note: Your signature indicates that you have read and agree to the terms and conditions stated above and fully release the teachers of Sonoma Body Balance, LLC from any form of liability.

Name (print): _____ Signature: _____

Date: _____ Phone #: _____

Emergency contact: Name _____ Phone: _____

Your e-mail: _____

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