

Health and Disclaimer Form

Client Information and Consent

Name

DOB

Occupation

Address

City

Zip

Phone

Email

Emergency contact details

MEDICAL INFORMATION

Yes

No

1. Are you currently pregnant?

If YES, how far along? _____ Detail any risk factors: _____

2. Are you taking any prescribed/self-prescribed medication?

If YES, please provide details _____

3. Are you receiving treatment for any diagnosed medical conditions?

If YES, please provide details _____

4. Have you had any recent operations?

If YES, please provide details _____

Please indicate any of the following that apply to you and add additional details below:

Yes

No

Abdominal disorder

Arthritis (osteo or rheumatoid)

Unspecified back pain/ problems

Spinal injury

Joint replacement

Knee problems

Additional information:

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MEDICAL CONDITIONS

The following conditions require specific modifications to your yoga practice.

Please indicate below whether or not you have any of the following medical conditions and add additional details below:

	Yes	No
1. Unusual shortness of breath with very light exertion	<input type="radio"/>	<input type="radio"/>
2. Pain, pressure, heaviness or tightness in the chest area	<input type="radio"/>	<input type="radio"/>
3. Unexplained pain in the abdomen, shoulders or arm	<input type="radio"/>	<input type="radio"/>
4. Severe dizzy spells or episodes of fainting	<input type="radio"/>	<input type="radio"/>
5. Regular lower leg pain during walking that is relieved by rest	<input type="radio"/>	<input type="radio"/>
6. Palpitations or irregular heartbeats	<input type="radio"/>	<input type="radio"/>

Additional information:

STUDENT DECLARATION

- I can confirm that I have answered all questions honestly and that the information given is correct. Please inform your teacher if any of the above changes.

Signature

Date

Terms and Conditions

Release and waiver of liability

I, AGREE TO THE FOLLOWING:

1. That I am participating in the Yoga classes offered by EmmaLiveYoga during which I will receive information and instruction about yoga, physical exercise or health. I recognise that exercise requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult my GP prior to and regarding my participation in the yoga classes. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in these yoga classes, or workshops.
3. If I am pregnant I understand that I participate fully at my own risk and that of my unborn child/children.
4. In consideration of being permitted to participate in the yoga classes or workshops, I agree to assume full responsibility for any risks, injuries or programmes offered by my instructor.
5. In further consideration of being permitted to participate in the yoga classes, I knowingly, voluntarily and expressly waive any claim I may have against my instructor for injury or damages that I may sustain as a result of participating in these programmes.
6. I understand that from time to time during yoga classes, the instructor may physically adjust students' form and posture. If I do not want such physical adjustments, I will so inform the instructor at each class I attend. I also acknowledge that if I do wish to receive such adjustments, it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time.
7. I hereby take full and sole responsibility from any liability of loss or damage to personal property associated with yoga classes or any other events.

Online and virtual classes

1. As with our studio classes, by taking part in any online class, I acknowledge that classes may be physically strenuous, and I voluntarily participate in them with full knowledge that there could be a risk of personal injury.
2. When practising from home, I accept full responsibility for my home space and the health and safety precautions within this space.
3. I acknowledge that EmmaLiveYoga accepts no responsibility for any potential injuries as a result of practise outside of the studio space.
4. EmmaLiveYoga is not responsible for any injuries I may experience as a result of my use of any material found on the company website.
5. Whilst practising online I am responsible for choosing and taking suitable modifications within my practice and if I choose to divert from the general instructions of the class, then I am doing so at my own discretion.

STUDENT DECLARATION

- I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above under my own free will. By booking into any EmmaLiveYoga classes or accessing online material I hereby agree to the terms and conditions above.**
- Upon booking any of our services you are confirming you indicate acceptance of our waiver.**

Signature of participant:

Date