



Welcome to Bala Vinyasa Yoga!

Carefully read and complete this form.

(Please print legibly - thanks!)

WE WILL NEVER SHARE YOUR PERSONAL INFORMATION WITH ANY OTHER COMPANY.

Name _____ Phone _____

Address _____

Email Address _____ Birthdate _____

Please send me your monthly email newsletter and updates about events and workshops: YES _____ NO _____

How did you hear about us? Friend (name) _____

Internet ___ Sign ___ lululemon ___ Ad (where) _____ Other (specify) _____

Emergency Contact _____

Relationship _____ Phone Number _____

Medical History (Please list all injuries, surgeries or medical restrictions):

Yoga History (how long, what style):

In signing below, I certify that the above information is true and complete to the best of my knowledge. I acknowledge that yoga classes may be physically strenuous, and I voluntarily participate with the full knowledge that there is risk of personal injury, property loss, or death. I agree that Bala Vinyasa Yoga is in no way responsible for the safekeeping of my personal belongings while I attend class. I, my heirs, assigns, and/or legal representatives do hereby waive and release Bala Vinyasa Yoga, LLC and its teachers, assistants and employees from any and all liability and responsibility for any injury, accident, illness, legal and medical fees sustained now or in the future resulting from my participation in any activity or use of equipment. I understand that I am giving up my right to sue or make any claims of any kind whatsoever against Bala Vinyasa Yoga, LLC and its teachers, assistants and employees for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise. I agree to let Bala Vinyasa Yoga, LLC use my photograph, video, and/or audio taken or recorded during any class or special event for any purposes they deem necessary and waive any rights of compensation or ownership thereto. I acknowledge that I am signing this agreement voluntarily, and intend my signature to be a complete and unconditional release of liability to the greatest extent allowable by law.

Signature _____ Date _____