



**Grounded By Yoga & Wellness
STUDENT INTAKE FORM**

I _____ (print name) understand that yoga, tai-chi and any movement class includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Sandy Hicks dba Grounded By Yoga or any other instructor at Grounded By Yoga & Wellness

Signature: _____ Date: _____ Date of Birth: _____

1. How did you first hear of Grounded By Yoga & Wellness? (If it was an existing student...please give name so I can give them credit!)

2. Briefly state why you chose to incorporate Yoga into your life? (ex: Injury Rehab Stress, Focus, Weight Loss Healthier Habits, Internal Peace, Fitness, Curious, Time for myself, my Wife made me...)

- a. _____
- b. _____

3. Mailing Address: _____

4. Best number to reach you: _____ (I **ONLY** use this if I have an emergency closing)

5. Email Address: _____ (I send **one newsletter per month**....advising of any schedule change or special workshops and events at GBY. These fill up quickly so I off to students prior to the public)

6. Are you *pregnant* or have any *medical conditions* (chronic pain recent surgeries, restrictions, joint replacements, what trimester are u in, etc)?

7. (For Yoga Students) Any previous Yoga Experience? No..... Yes (list below your experience....**other studios** you attended in NY State allow me to be familiar with your style and experience level)

8. The class schedule is for YOU...designed around YOU...is there a particular day/time u would like to see on the schedule? _____

REFER A FRIEND OR LOVED ONE and YOU QUALIFY FOR THE REWARDS PROGRAM!

Ask for details!