

Today's Date: \_\_\_\_\_ Teacher: \_\_\_\_\_ Ever been a student at GBY before? Yes No

My signature below indicates I understand that this class includes physical movements. If I experience any pain or discomfort, I will listen to my body, remove from the posture and ask for support from the teacher. I affirm that I alone am responsible to decide whether to practice yoga or any class at GBY. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against DB&T, Sandra Hicks, Grounded by Yoga Studios & Yoga Teacher Training Center LLC (GBY) or any other instructor at GBY. My signature also affirms that I am not feeling ill (shortness of breath, fever, flu-like symptoms) nor have I been with anyone known to have COVID-19 in the past 21 days. My email is provided below as consent to receive studio news & updates once per month. **Listing my email approves GBY to send monthly newsletter and account information and earn rewards. GBY sends one newsletter a month and operates under the CAN-SPAM Act, as well as will not ever share or sell your email\***

**Signed:** \_\_\_\_\_

**Name:** (first) \_\_\_\_\_ (last) \_\_\_\_\_ \*Email \_\_\_\_\_

**Experience Level:** Are you fluent in Ujjayi? Principals of Alignment? Bandhas? **YES NO**

**Address** (street) \_\_\_\_\_ (town) \_\_\_\_\_ (zip) \_\_\_\_\_

**Date of Birth** \_\_\_\_\_ **Phone:** \_\_\_\_\_ How did you hear about us? \_\_\_\_\_

**What do you hope to receive from your class?** \_\_\_\_\_

**Where have you practiced previously?** \_\_\_\_\_

**Concerns?** Is there anything you would like to share?(can't be on knees, recent surgeries, pregnant, HBP, joint replacement, etc).

Your instructor is trained to lightly assist you with various hands on approaches. This is a very gentle touch. Is it ok if your instructor provides assists? **YES NO (note: we will not be doing assists during the COVID-19 epidemic)**

Do you mind if we send a 3-question survey regarding your experience here? **Yes No**

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***What are you purchasing today? Payment is required before class. Prices subject to change.***

\_\_\_\_ Drop In \$16 (**cash/check**)

\_\_\_\_ 10 Classes for \$110 (93 Days Expiry)

\_\_\_\_ 10 Classes for \$130 (1 Year to use)

\_\_\_\_ 3 Month Unlimited \$299

\_\_\_\_ \$89 Month Auto Pay Unlimited (12-month min) with signed Agreement (**credit card required**)

\_\_\_\_ ***New to us?*** 3 Classes for 30 days \$25 ***or*** \$45 for 1 Month Unlimited (**Cash/Check Only**)

Other: \_\_\_\_\_



**(Note: \$50 Minimum for credit card purchases. We can no longer accept American Express)**

*Please get your Welcome Brochure from the clipboard or teacher.*