Today's Date_____Teacher_____Have you been to GBY before? _____

Name: (first)_____(last)_____(email)_____

Phone: (we will not text you)_____Address(street)_____

(Town)_____(state)_____(zip)_____Date of Birth_____

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

Where have you previously practiced (if experienced)_____

Please share how you first heard about us/this class?_____

What do you hope to receive from your classes here?_____

Are you a Yoga Teacher? YES NO

Concerns? (don't like being on my knees, pregnant, joint replacement, back pain – be specific please, etc)

_____

_____

Your instructor in yoga 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

_____**New to Us? 3 Classes for $25 or one month unlimited for $45** (one class per day limit)

_____ **Drop in $17** *(if its your first time here – you might want to consider our specials. Once you purchase a drop in you will not be able to purchase any "First time here specials")*

_____**10 Classes for $115 (93 days to use)**

_____**10 Classes for $135 (1 year to use)**

_____**3 Month Unlimited** ~~$289~~ **Sale $239**

_____ **Unlimited Classes! $22 Per Week Auto Pay** (2 Month Min) (Price is grandfathered. Signed Agreement. Credit card required)

_____ **Unlimited Classes! $79 per Month Auto Pay** (12 Mo Min) Freeze-able/ price is grandfathered. Signed Agreement. Credit card required)

My signature below indicates I understand that this class includes physical movements. If I experience any pain or discomfort, I will 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). GBY has the right to use credit card on file for any unpaid classes. 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. Should you unsubscribe – it un subscribes you from our reward and point of sale program. 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: _____Date: _____Under 18? Parent Signature:_____

**WELCOME AND ENJOY YOUR TIME HERE. Please ask for your welcome brochure!**

**PAYMENT IS REQUIRED BEFORE CLASS.**

Note: $50 Minimum preferred for credit card purchases . We no longer accept American Express