

Yoga Bliss Release Form

****Please Print Neatly****

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Cell: _____

Email: _____

Birthday: _____ (receive a FREE class & discounts on your birthday)

How did you hear about Yoga Bliss? _____

1. Do you have any physical injuries or medical issues? (Please explain below **and** share this information with your instructor.)

2. Do you have high blood pressure? YES NO

If yes, please consult with your teacher and refrain from inversions. Your teacher will offer a restorative alternative pose.

3. Do you suffer from wrist pain or carpal tunnel syndrome? YES NO

If yes, please let your teacher know and he or she will assist you with ways to perform yoga poses which are healing instead of harmful.

Emergency Contact

(name, phone & relationship)

I am aware that an exercise program like the one that I am enrolling in carries with it by nature certain dangers. I understand that by signing below I assume the full risk of any injury inherent in a yoga or exercise program. I further state that I am physically fit and that I hereby release and hold It's all Good LLC DBA - Yoga Bliss, Kenilworth Plaza, Circa 1857, its officers, owners, directors, agents, subcontractors and other individuals in any way associated with, harmless from all claims of any kind whatsoever that I may now or at any time in the future have for damages or injuries arising out of my attendance and/or participation in said program, event or activity.

My general health, other than as noted, is good. I agree to hold It's all Good LLC DBA - Yoga Bliss, Kenilworth Plaza, Circa 1857, and its agents harmless against all loss, damage, liability or expense arising out of, or in connection with anything owned or controlled by or resulting from any acts, failure to act, or negligence of It's all Good LLC - DBA Yoga Bliss, Kenilworth Plaza, Circa 1857, or its agents. I agree that my use of the premises, facilities and equipment at either 7384 Highland Rd, Baton Rouge, LA 70808 or 1857 Government St. Baton Rouge, LA 70802 is accepted at my own risk, and that It's all Good LLC - DBA Yoga Bliss, Kenilworth Plaza, Circa 1857, is absolved and discharged from all liability for any loss or damage I may incur of my personal property.

I acknowledge that class fees paid to Kim Matsko and Yoga Bliss are non-refundable. I hereby confirm that I have read and understood the above information and have answered all the questions completely and honestly and have not withheld any information.

Signature:

Printed Name: _____ Date: _____

Thank you and Welcome!