

UMass Yoga: Fall 2008

Registration

☺ Please write legibly ! ☺

Membership type (check one) _____ Drop-in (\$10 per class)
_____ 1 class/week (\$85/semester)
_____ 2 classes/week (\$150/semester)
_____ Unlimited attendance (\$240/semester)

Name _____ Date of birth ____/____/____

E-mail _____ Occupation _____

Telephone (Primary) _____ (Secondary) _____

Mailing Address _____

City _____ State _____ Zip _____

Emergency Contact _____ Relation to you _____

Telephone (Primary) _____ (Secondary) _____

How did you first hear about **UMass Yoga**? Friend _____ Flyer _____ Internet _____ E-mail _____
Newspaper _____ Other _____

Have you practiced yoga before? _____ No _____ Yes If so, when? From _____ To _____

Style(s)? Anusara _____ Astanga _____ Bikram _____ Iyengar _____ Kripalu _____

Power _____ Sivananda _____ Vinyasa _____ Other _____

Why do you wish to start or continue to practice yoga? _____

What other types of physical activities do you currently participate in on a regular basis?

Please list any injuries or conditions that may limit your yoga practice (e.g. arthritis, asthma, back/neck pain, knee/ shoulder/ other joint pain, cancer, diabetes, epilepsy, hernia, glaucoma, high/low blood pressure, heart disease, osteoporosis, pregnancy, scoliosis, surgeries, etc.):

Many yoga students find gentle, hands-on guidance by their instructor to be very helpful. Please let us know whether or not you would like to receive this type of instruction. _____ Hands-on okay _____ No, thanks

Is there anything else you feel we should know about you?

Liability Waiver

☺ Please read and sign below ☺

Awareness is fundamental to the practice of yoga, and I am fully aware that some of the yoga poses may be difficult for me and that it is my responsibility to monitor each activity and determine whether it is appropriate for me to participate. I acknowledge that it is also my responsibility to consult with a physician regarding any injury or condition that may affect my participation in this or other yoga programs offered. I agree not to hold the University of Massachusetts, its employees, or the instructors of this class liable for any injury or damages related to my use of the facilities or participation in this or other related programs offered on or off the studio premises.

Signed _____ Date _____