

Yoga at Mystic Journey's New Student Information Form

Date: _____

Contact Information:

Name _____
Phone (H) _____ (W) _____
(C) _____ M | F (circle one)
Email address _____
Date of Birth ____/____/____
Address _____
City _____ State _____
Zip _____

In Case of Emergency:

Primary Doctor _____
Phone _____
Emergency Contact &
Phone _____
How did you hear about us?
__ A friend-Who? _____ __ From our brochure __ Internet __ Drive by
__ Other _____

Personal Information:

Have you ever practiced yoga before? If so, please describe

Please list any injuries, surgeries, illnesses, or other conditions our teachers should be aware of

Are you pregnant? Y| N If so, when are you due? _____
To help us better serve you, please describe below what you hope to gain from practicing yoga

Some instructors use hands-on adjustments in class. If you do not want any adjustments or have certain areas of your body you do not want touched, please indicate this here

YOGA STUDIO/TEACHER LIABILITY STUDENT WAIVER AGREEMENT

I _____ (print name) understand that yoga 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 instructor. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Specific poses are not recommended for individuals with certain conditions (i.e. cardiac illness, later stages of pregnancy, post-surgery), 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 Mystic Journey yoga studio or any instructor teaching at Mystic Journey.

_____ Signature of student, parent or guardian

_____ Date



Welcome to Yoga at Mystic Journey!

We are delighted that you are interested in yoga at Mystic Journey. We are dedicated to providing you with the finest yoga experience imaginable. We take great care to provide a relaxing, welcoming environment for your yoga experience. Enjoy the comforts our yoga studio offers, from the relaxing color of the room, the warmth of the special lighting, to the beautiful mural painting. Experience the soothing feeling our studio induces. This is what a traditional yoga setting is all about.

Our yoga studio offers a variety of options for class types and a variety of class days per week.

Our instructors have completed their RYT- 200 hour certificate program and have had 1-5 years experience in her own yoga style and technique.

We believe yoga is for everyone!

A person practicing yoga on a regular basis ensures a healthy lifestyle and attains the much desired peace of mind. It is a great stress buster and a remedy for curing a number of chronic ailments.

General Policy

- Practice is best on an empty stomach. Please refrain from eating 1-3 hours before class.
- Drink plenty of water the day of class, but not immediately before class.
- There is no food and/or water allowed in the yoga studio.
- Wear comfortable, non-restrictive clothing and plan to be barefoot during class.
- Please arrive for your class at least 10 minutes before class begins. Many of the class times are held when no one is in the retail shop in these cases we will lock the front door during class time.
- Please do not enter or leave the studio when class is centering or in meditation.
- Please remove your shoes and put them on the mat prior to entering the studio. Cubbies can be used at the far end of the studio for your belongings.
- Mystic Journey or the instructor will not be responsible for lost or stolen items.
- Please turn off cell phones and pagers.
- Mats are provided for use during class to borrow or purchase, however bringing in your own mat is encouraged.
- Be considerate of the sacredness of the space. Please pick up after yourself and neatly replace any yoga props used during class.
- Help yourself to a bottle of water or enjoy a cup of tea after class!