



**FITNESS INFORMATION:**

**Are you currently practicing Yoga or any other physical program?** YES  NO

If yes, please specify which programs & Yoga style/studio:

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*Exercise Intensity? (How hard is the program?)* Low  Moderate  High  Very High

*Frequency of exercise? (Per Week)* None at all  1 – 2 Sessions  3 – 5 Sessions  5+ Sessions

**What reason made you choose to practice Yoga?**

Better Posture  Better Balance  More Energy  Better Sleep  Reduce Stress  Better Mobility  Better Flexibility  Less Pain  Better Breathing  Other \_\_\_\_\_

**How many times per week will you be dedicating to your practise? (Per Week)**

None at all  1 – 2 Sessions  3 – 5 Sessions  5+ Sessions

**On a scale of 1-10, how would you rate your current stress levels? (Please Circle)**

(1 = no stress, 10= overwhelming stress)

**WORK**

1      2      3      4      5      6      7      8      9      10

**PERSONAL**

1      2      3      4      5      6      7      8      9      10

**Do you have any reason why you should not participate in a yoga program?**

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**DUTY OF DISCLOSURE:**

Before participating in a practice with The Sacred Cow Yoga Studio & its Instructors Classes, you must disclose any injuries or medical conditions that may be affected by participating in this program.

**RELEASE FROM LIABILITY:**

If you have indicated in your medical information any areas for concern in relation to your exercise program I may request that you receive medical clearance prior to undertaking your program.

Should you suffer any injury, illness or condition that may affect your ability to exercise I would request that you advise us immediately.

Should you have any questions regarding your program I request that you discuss these issues with your yoga instructor.

**STATEMENT:**

I recognise that the instructor is not able to provide me with medical advice with regard to my medical fitness and that this information is used as guidance to the limitations of my ability to exercise. I have answered the above questions to the best of my ability in a truthful manner and understand the above information. By signing this document, I do not hold either The Sacred Cow Yoga Studio & its Instructors responsible for any injuries that may occur when I practice.

**CONFIDENTIALITY & PRIVACY RIGHTS:**

Protecting your privacy and your personal information is an important aspect of the way the Sacred Cow Yoga Studio creates, organizes and implements our activities.

We will only collect personal information from you with your prior knowledge and consent.

Collection of this personal information is not required by law; however, failure to provide some of this information might result in you being ineligible to participate in this program.

We will only use this personal information provided by you for the purposes by which it was collected. We will not disclose your personal information without your consent unless disclosure is required or sanctioned by law.

If you wish to update or amend the information stored by The Sacred Cow Yoga Studio & its Instructors please contact the manager who will be responsible for the storage and accuracy of this data.

We have implemented rules and measures to protect the personal information that we have under our control from: unauthorized access, improper use, alteration, unlawful or accidental destruction and accidental loss. We will remove personal information from our system where it is no longer required (except where archiving is required).

If you have any questions or concerns, please refer to the relevant policies or contact The Sacred Cow Yoga Studio & its Instructors.

**PHOTO CONSENT:**

I hereby **give/do not give** permission for my photo to be used for advertising and commercial purposes related to The Sacred Cow Yoga Studio & its Instructors and any associations to The Sacred Cow Yoga Studio & its Instructors, e.g. Special Events and Occasions. I further grant to the producers and their representatives the right to reproduce, use, exhibit, display, broadcast and distribute and create derivative works of these images and recordings in any media now known or later Developed. I acknowledge that The Sacred Cow Yoga Studio & its Instructors owns all rights to the images and recordings.

I hereby waive any right to inspect or approve the use of the images or recordings or of any written copy. I further waive all moral rights. I also waive any right to royalties or other compensation arising from or related to the use of the images, recordings, or materials. I hereby release, defend, indemnify and hold harmless the producers from and against any claims, damages or liability arising from or related to the use of the images, recordings or materials, including but not limited to claims of defamation, invasion of privacy, or rights of publicity or copyright infringement, or any misuse, distortion, blurring, alteration, optical illusion or use in composite form that may occur or be produced in taking, processing, reduction or production of the finished product, its publication or distribution.

I am 18 years of age or older and I am competent to contract in my own name. I have read this document before signing below, and I fully understand the contents, meaning and impact of this form. This form is binding on me, my heirs, executors, administrators and assigns.

**PRINT NAME:** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

If under the age of 18, Parent or Guardian permission is required before participating.

**PARENT'S NAME:** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**YOGA INSTRUCTOR:** \_\_\_\_\_

**DATE:** \_\_\_\_\_