



111 West Water Street, Toms River, NJ 08753  
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## Yoga Registration (Waiver)

\*(Please print clearly)\*

Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Have you ever done yoga before? \_\_\_\_\_ If yes, what type? \_\_\_\_\_

Do you have any special health concerns (including high blood pressure or pregnancy)?

\_\_\_\_\_

Do you have any current/previous injuries or illnesses we should know about?

\_\_\_\_\_

Have you had surgery recently? \_\_\_\_\_

Hatha yoga is a physical exercise. Yoga classes consist of a series of postures (asanas) that bend, stretch and compress every part of the body. This practice stimulates glands, circulation, respiration and the nervous system. If you have any physical/medical problems, you must inform your physician and the instructor before beginning class.

When performing the exercises, listen carefully and follow the instructor's directions. DO NOT STRAIN OR FORCE YOURSELF BEYOND YOUR NATURAL FLEXIBILITY. The Center For Health and Healing and the instructor are not responsible for any injuries resulting from your failure to follow the directions of the instructor, from an existing physical/medical problems or from forcing yourself beyond natural limitations.

I do hereby intend to be legally bound for myself, and I waive and release any and all claims for damages I may have against "Center For Health and Healing, LLC", it's staff or affiliates for any and all injuries suffered while engaging in the training provided to me, and agree to hold "Center For Health and Healing, LLC", harmless and indemnify it for any incident(s) arising from my use of "Center For Health and Healing, LLC" facilities.

I have read and understood the above.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

