



Name: _____

Have you ever practiced Yoga before? YES NO

If so, which style and for how long?

Please list any injuries, medical issues, and/or important medical history:

Emergency Contact (name and number)

LIABILITY/ STUDENT WAIVER AGREEMENT

I 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. I will not perform any postures to the extent of strain or pain; if I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

If I am pregnant I understand that I participate fully at my own risk and that of my unborn child/children.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. 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 Stepney City Farm or the yoga teacher. I accept that neither the instructor, nor the hosting facility, is liable for any injury, or damages, to person or property, resulting from the taking of the class.

I understand that from time to time during yoga classes, the teacher may physically adjust students' form and posture. If I do not want such physical adjustments, I will so inform the teacher at each class I attend. I also acknowledge that if I do wish to receive such adjustments, it is my responsibility to inform the teacher when an adjustment has gone as far as I desire at that time.

Those under 18 years of age must have this form signed by a parent or guardian.

Signature of student, parent or guardian

Date



The data provided on this form will be kept confidentially by Stepney City Farm and Tor Park for the purposes of teaching yoga.

You can contact us at info@stepneycityfarm.org, or Tor Park at tor@stepneycityfarm.org at any time to request removal of your data from our records. If yoga at the Farm ceases at any time your data will be erased, unless you consent to it being held for any other purpose.

We will not share your details with any third party. We will contact you by email with current promotions, upcoming events and farm news if you have opted in below.

Please tick here to indicate that you have read and understood these terms

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Do you wish to receive news from Stepney City Farm by email?

YES NO

Do you wish to receive news from Tor Park on yoga and yoga classes by email?

YES NO

Email Address: _____