

PEPPERJAM YOGA

Class/Event Enrollment & Waiver

Name (printed): \_\_\_\_\_ Email: \_\_\_\_\_

Phone #: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

What are your goals and expectations, what benefits are you looking for? Rate the following 1 (least important) to 5 (most important),

Strength \_\_\_\_\_ Flexibility \_\_\_\_\_ Balance \_\_\_\_\_ Fitness/Cardio \_\_\_\_\_ Focus \_\_\_\_\_

Weight management \_\_\_\_\_ Stress relief \_\_\_\_\_ Overall well-being \_\_\_\_\_ Other \_\_\_\_\_

Use this space to explain or expand \_\_\_\_\_

How do you rate your current level of activity? (Circle one)

Sedentary/Inactive      Somewhat inactive      Average      Somewhat active      Very active

In signing below, I agree that:

- It is my responsibility to consult with a physician prior to and regarding my participation in yoga classes, health programs or workshops, whether in-studio or on-line.
- I knowingly, voluntarily and expressly waive any claim that I may have against Peggy Merrill and Pepperjam Yoga for injury or damages that I may sustain as a result of participating in yoga classes, health programs, or workshops on-line or while visiting the PepperJam Yoga.
- I grant permission to Pepperjam Yoga to use any images of me in photographs or design, advertisements, or other promotions for Pepperjam Yoga.
- Pepperjam Yoga is in no way responsible for the safe keeping of my personal belongings while I attend in-studio class.
- I understand that yoga involves some physical exertion and stretching, and I agree to take full responsibility for not exceeding my limits in the practice of yoga and for any injury or discomfort I might experience in the practice of yoga.
- In-Studio: I understand and accept that to teach proper yoga technique, some physical contact between the student and the instructor may be necessary, and I consent to such contact and recognize that the instructor will apply any necessary contact in a professional manner.
- On-Line & In-Studio: As with all exercise programs, when using PepperJamYoga videos or attending on-line classes, I need to use common sense. To reduce and avoid injury, it is my responsibility to check with my doctor before beginning any fitness program. By performing any fitness exercises, I understand that I am performing them at my own risk. PepperJamYoga, PepperJamYoga Live, and PepperJamYoga.com will not be responsible or liable for any injury or harm I may sustain as a result of PepperJamYoga classes, online yoga videos, or information shared on PepperJamYoga.com website or FaceBook pages. This includes emails, videos and text.

I have read the above release of liability and fully understand its contents.

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