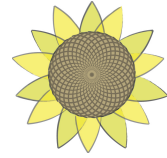


YOGA WITH SARAH – REGISTRATION FORM



How to register:

- Contact me to reserve your spot! 219-1888 or yoga@sarahgignac.com
- We'll arrange to get your form and \$72 payment to me. *Your spot is not guaranteed until payment is received.*
- First time students: please return the attached PARQ as well.

Name: _____

Address: _____

Phone: _____ Email: _____

Birth date: _____ Receive Newsletter? [Y / N]

Emergency Contact (Name/Phone): _____

I am signing up for:

Class Name: _____

Class Dates/Times: _____

Class Location: _____

Payment Included: (\$72) ___ Cheque* ___ Cash

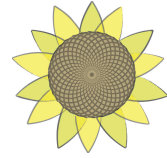
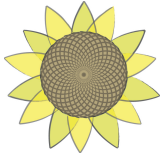
There will be no refunds for missed classes.

What to bring:

- A yoga mat (if you don't have one you can borrow a mat at the studio)
- Comfortable, loose clothing
- Optional: yoga props (block, belt, foams, etc)
- Optional: A water bottle
- A smile!

*Please make cheques out to Sarah Gignac

Forms and cheques can be mailed to 38-3614 St Paul's Street ~ Halifax, NS ~ B3K 3P9. Please contact me first to ensure there is still space available before you mail forms. Please do not mail cash. We can also arrange for me to pick up your form/payment.



Yoga With Sarah

Physical Activity Readiness Questionnaire

Name: _____

Address: _____ Birth date: _____

Phone: _____ Email: _____

Emergency Contact (Name/Phone): _____

1a) Please list any physical conditions that might limit your participation in physical exercise.

1b) Are you currently under treatment for an injury or medical issue? If so, has your doctor or health care practitioner cleared you for physical activity?

2a) Are you taking any medication? Please list. 2b) For what conditions? Please list.

3) Please check any of the following that might apply to you:

- Arthritis Glaucoma Chronic sinuses Low blood pressure Hernia
- Ulcers Diabetes Hypoglycemia High blood pressure
- Epilepsy Asthma Heart trouble Pregnant/due date? _____

4) Please state any goals or questions that you may have prior to beginning a Yoga Class.

5) Please state previous yoga experience, if any.

Agreement: Yoga is educational and each student is responsible for his or her own health, safety and well being while participating. Students hereby agree to inform instructors of any activity that cannot be safely performed and will not perform any activity that is likely to cause injury. The student agrees to hold instructors free from any and all responsibility for any injury that may be sustained during or as a result of classes.

Signature

Date