
NEW STUDENT INFORMATION FORM

(All students must fill out this form).

"...All you who seek the Way; please, do not waste this moment now." –Zen teaching

Guided instruction in yoga can provide you with an in-depth understanding of the scope of the health benefits associated with a yoga practice, including how to breathe properly and find the correct alignment for your body in the postures. Some of the benefits of a yoga practice are increased flexibility, greater range of motion and body awareness, and improved concentration and feelings of well being. It is your personal journey, and I can help you on the way. If you practice consistently and faithfully, with patience and moderation, your body will respond in kind.

Namaste,

Darlene

Date: _____ Name: _____ Age: _____ Contact No. _____

Address: _____ email _____

With your permission I will add your mailing address to my personal list for future mailings. I will not share your information with any other source.

Please provide the following information for me. I do not need your medical history; I am asking only for what you feel would be helpful for me to know as it relates to your yoga practice. Any information you share with me is held strictly confidential.

Health or medical condition I should be made aware of: (ex.: high blood pressure, low b.p., heart conditions, fainting spells, recent surgery, knee injuries or pain, back injuries or pain, etc.).

What you currently do for exercise: _____ Do you enjoy it? _____

In consideration of my enrollment as a student of Darlene Bradlee's Yoga Instruction, I agree as follows:

- 1. I have been examined by a physician within the past six months and have been found by such physician to be in good physical health and able to participate in a fitness program.*
- 2. I understand and acknowledge that I am to receive instruction in yoga theory and exercise only, and I will not hold the instructor responsible for any injuries incurred while taking part in such instruction.*

Signature

Date

EMBRACE **life**

BE happy.

Practice YOGA