

Fitch House Yoga Student Information & Liability Waiver

Name: _____

Address: _____

Cell Phone #: (____) _____ Text Yes / No Email: _____

Emergency Contact (name & number) _____

Have you ever practiced Yoga before? If so, what kind and for how long? _____

While I am not certified to provide therapeutic yoga, I would like to be aware of your general health so that I can plan classes better. Please list any injuries, medical issues, and/or medical history you'd like me to be aware of

Would you like to get emails from Mia Mitoma about future yoga opportunities? YES / NO

Please email mia@fitchhouse.com, text 310-868-4445 as appropriate if you don't plan to come for class as soon as you know. Since there is a class maximum of 10 students, students will only be able to drop in if space is available.

LIABILITY/ STUDENT WAIVER AGREEMENT

I _____(print name) 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. 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.

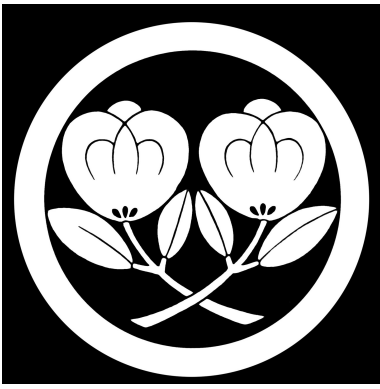
Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe for people suffering from certain medical conditions. Always check with your doctor before starting a yoga practice to ensure that it is appropriate for you.

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 Mia Mitoma and/or The Fitch House.

Name of student

Date

Signature of student (or guardian if not 18y.o.)



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With completion of a 200-hour Yoga Alliance registered Yoga Teacher Training at Samadhi Yoga Studio in Manchester, Mia Mitoma, CYT-200, is excited to be offering yoga practice at The Fitch House B&B to anyone who feels that they could benefit from all that yoga has to offer. Please take a moment to consider the following questions and reply with your answers at your earliest convenience. Your response will help plan for practice with you in mind. Don't feel like this is a typical "multiple choice" inquiry, please mark all that apply, and explain further if you feel like elaborating. Thank you!

1. What class(es) are you committing to?
 - a. Moderate Vinyasa Flow (60 min) time: _____ Day: _____ - 4 classes @ \$60
 - b. Gentle Restorative (60 min) time: _____ Day: _____ - 4 classes @ \$60
 - c. Super beginner (60 min) time: _____ Day: _____ - 4 classes @ \$60
 - d. Moderate Flow (60 min) time: _____ Day: _____ - 4 classes @ \$60

* If you will be absent for a class for any reason, please let me know and gift it to a friend!
2. How many times per week would you like to come to a group led yoga practice?
 - a. 1 day/wk
 - b. 2 days/wk
 - c. 3 days/wk
 - d. daily
3. Which of the following class times would work best for you?
(Please indicate all that you are likely to attend.)
 - a. Monday 4pm? 5pm? 6pm?
 - b. Wednesday 4pm? 5pm? 6pm?
 - c. Friday 4pm? 5pm? 6pm?
 - d. Tuesday noon? 1pm? 2pm?
 - e. Thursday noon? 1pm? 2pm?
 - f. Saturday/Sunday morning / evening time(s) _____
4. What type of class(es) have you enjoyed in the past, or would you like to try? (mark all that apply)
 - a. beginner - I've never practiced or I haven't practiced in a LONG time
 - b. community - all levels practice, focusing on breath and alignment with traditional postures offering modifications/alternative postures as needed
 - c. power - focusing on building energy through flow, and working to build strength, flexibility, and inversions
 - d. other - please tell me :-)
5. What do you hope yoga will provide you?
 - a. mindfulness and meditation
 - b. physical fitness
 - c. community
 - d. stretching
 - e. pain relief (back, neck, joint, etc.)
6. Please tell me something about you. It could be why you decided to practice yoga, or something you hope to get out of your yoga practice, or anything else you feel like sharing.