

# STUDENT INFORMATION

Date \_\_\_\_\_

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_ Cell Phone \_\_\_\_\_

\_\_\_\_\_ Email \_\_\_\_\_

Age \_\_\_\_ (only required if student is under 18, requiring approval and signature of their parent/guardian)

Parent/Guardian: \_\_\_\_\_ Telephone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Telephone \_\_\_\_\_

Relationship \_\_\_\_\_

Your current yoga experience and general expectations:

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I, \_\_\_\_\_, (print name) understand that yoga includes physical movement as well as an opportunity for relaxation, stress management, 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 pain or discomfort, I will listen to my body, adjust as I need, or stop 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 under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga and take responsibility for consulting with my physician and wellness team as to its suitability for me. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Elaine Wilson and The Beverley.

\_\_\_\_\_  
Signature of student  
(or parent/guardian if minor student)

\_\_\_\_\_  
Date

- I have completed & provided the PAR-Q. I take responsibility for the information provided and will update accordingly.
- I agree to be contacted by Elaine Wilson with respect to classes, updates, information, registration, etc. I understand that my personal information will remain confidential and not be sold, rented, or used for any other purpose.

How did you hear about us? (check as many as apply)

- In person
- Friend/Family
- Word of Mouth
- Wellness Professional
- Flyer/Brochure
- Online Search
- Another Web Site
- Facebook
- Instagram
- Twitter
- Other \_\_\_\_\_

Office Use Only

- Par-Q on file
- Par-Q updated \_\_\_\_\_