



HEALTH HISTORY & REQUIRED INFORMATION FOR REGISTRATION

All information will be considered strictly confidential and will never be shared with other companies.

Name:	Address:
City/Postal:	Best Phone:
Date of Birth:	Emergency Phone:
Email:	Occupation:

HEALTH QUESTIONNAIRE

Please answer all questions with a check mark to provide the most recent and accurate state of your health.

Has your doctor ever restricted you from strenuous activity?		
Have you ever been diagnosed with high blood pressure?		
Have you ever been diagnosed with low blood pressure?		
Are you affected with dizzy spells or light-headedness?		
Do your veins ever ache?		
Do you suffer from frequent headaches?		
Do you suffer from frequent migraine headaches?		
Do you suffer from any regular chest pains?		
Have you ever had a heart attack?		
Do you suffer from Angina?		
Do you suffer from heart murmurs?		
Do you suffer from heart disease?		
Do you have a rheumatic heart?		
Have you ever had a stroke?		
Do you have Arteriosclerosis?		
Do you have Diabetes?		
Do you have Emphysema?		
Do you have Asthma?		
Do you have chronic bronchitis?		
Do you have Chronic Fatigue?		
Do you have Gout?		
Have you ever been diagnosed with Rheumatoid Arthritis?		
Have you ever been diagnosed with Osteoarthritis?		
Have you ever been diagnosed with degenerative discs?		
Have you ever been diagnosed with spine disease?		
Have you ever been diagnosed with spinal fusion?		
Have you ever been diagnosed with joint bursitis? If so, which joint? (Shoulder, elbow, wrist, hip, knee ankles, fingers, toes)		
Have you ever been diagnosed with cartilage or ligament problems of the knee?		

Have you ever been diagnosed with Hyperglycemia?		
Have you ever been diagnosed with Hypoglycemia?		
Have you ever been diagnosed with an underactive thyroid?		
Have you ever been diagnosed with an overactive thyroid?		
Are you pregnant?		
Do you smoke?		
Have you been diagnosed with Covid-19?		
Have you received vaccination for Covid-19		
Are you currently recovering from any injury or surgery? If so, please explain:		
Have you ever been involved in a sports/automobile accident? If so, please explain:		
Have you ever practiced yoga before? If so, what kind and for how long?		
Do you agree to being physically corrected and adjusted in poses?		
Do you mind your photo being used in promotional materials for Yogabodii? Names and privacy will always be respected.		

TERMS AND CONDITIONS

The undersigned acknowledges that **MISSED** sessions will be counted in the total hours he/she has signed up for and the student is responsible for those sessions. Any missed classes can be made up only within a reasonable time period determined between the instructor and student and are not transferable to another person. There are no make-up classes available in session packages. The undersigned acknowledges that the paid fee is non-refundable, however the student has the right to change his/her class schedule within the course session.

CANCELATION of Private sessions requires 24-hours’ notice to ensure no charge.

The undersigned expressly acknowledges that he/she will be engaging in Yoga movements while attending sessions at Yogabodii, which could cause pain to the student. The student hereby states that he/she will be **voluntarily participating** in these activities and

Signature:

Date:

the student assumes all risks of injury, which might result from these activities.

The student hereby **acknowledges** that he/she has carefully **read this waiver and releases** and fully understands that is it a release of liability of Yogabodii and agrees that such a waiver and release is reasonable and proper based on the nature of Yogabodii’s business. The undersigned hereby waives and releases Yogabodii from any claims that he/she may have against Yogabodii with respect to any loss or theft of personal property in respect of facilities operated by Yogabodii. Yogabodii reserves the right to amend and or add to these rules and to adopt new rules, as it may deem necessary from time to time. (Mar 21)

I certify that I have read, understand, and agree to the terms of this agreement and Yogabodii’s rules.

Yoga for everybodii

www.yogabodii.com | sam@yogabodii.com | 1.800.930.7112