Yoga class registration form

Student details

Welcome to **[Studio Name]**. Please complete this form before your first class. It registers you as a student, records your agreement to our studio policies and includes the waiver you sign to take part in classes.

Student name *

Date of birth *

Yoga experience *

- ◯ New to yoga
- ◯ Some experience (less than 1 year)
- ◯ Regular practice (1 to 3 years)
- ◯ Experienced (more than 3 years)

Classes I am interested in

- [ ] Vinyasa or flow
- [ ] Hatha
- [ ] Yin or restorative
- [ ] Hot or heated yoga
- [ ] Prenatal
- [ ] Beginners course
- [ ] Meditation and breathwork
- [ ] Workshops and retreats

How did you hear about us?

- ◯ Friend or family
- ◯ Google or another search engine
- ◯ Instagram or other social media
- ◯ Walking past the studio
- ◯ Booking app or class marketplace
- ◯ Other

Contact details

We use these details to manage your bookings and contact you about your classes.

Contact details

First name *

Last name *

Phone

Email *

Emergency contact

Please give us someone we can contact if you become unwell or are injured during a class.

Emergency contact name *

Emergency contact phone number *

Relationship to you

Health information

Yoga can be adapted for most bodies, but your teacher needs to know about anything that may affect your practice. This information is used only to help keep you safe and suggest modifications. It is not a medical assessment.

Do any of these apply to you?

- [ ] Recent injury or current pain
- [ ] Back, neck or joint problems
- [ ] High or low blood pressure
- [ ] Heart condition
- [ ] Pregnant or recently given birth
- [ ] Surgery in the last 12 months
- [ ] Dizziness, fainting or balance problems
- [ ] Asthma or breathing difficulties
- [ ] None of these

Please give details of anything you selected, or anything else your teacher should know

I understand that if I have a medical condition, am pregnant, am recovering from surgery or injury, or am unsure whether yoga is suitable for me, I should seek advice from a healthcare professional before taking part. I will tell my teacher before class about any change in my health, and I will rest or stop if I feel pain, dizziness, shortness of breath or discomfort.

Class passes and memberships

Choose how you plan to attend. Prices, expiry dates and the full terms of each option are shown on our website and at reception.

How would you like to attend? *

- ◯ Drop-in class
- ◯ Intro offer
- ◯ Class pack
- ◯ Monthly membership
- ◯ Private sessions
- ◯ Workshop or retreat only

- Class packs and passes are personal to me and cannot be shared or transferred unless the studio agrees.
- Unused classes expire on the date stated at purchase and are not refunded unless the studio's refund policy or applicable law says otherwise.
- Memberships renew automatically until cancelled in line with the membership terms, including any notice period.
- The studio may change its timetable, teachers, prices and class formats. Price changes for memberships will be notified in advance.

Booking, cancellation and late arrival

Classes have limited space, so please book in advance and let us know if you cannot attend.

- I will cancel bookings at least **[Cancellation Window]** before class. Late cancellations and no-shows may lose the class from my pass or incur a fee of **[Late Cancellation Fee]**.
- I will arrive at least **[Number]** minutes before class, especially for my first visit. For safety, the teacher may not admit students more than **[Number]** minutes after class starts.
- If the studio cancels a class, my class will be returned to my pass or refunded.

Heated classes

If I take heated or hot yoga classes, I understand that the room is warmer than a normal studio and that heat increases sweating and the risk of dehydration, dizziness, nausea, fainting and overheating.

- I will drink water before, during and after class and avoid heavy meals and alcohol beforehand.
- I will rest in child's pose or leave the room if I feel dizzy, faint, nauseated or unwell, and tell the teacher.

- If I am pregnant or have a heart condition, blood pressure concerns or another condition affected by heat, I will seek medical advice before taking heated classes.

Props, hygiene and studio etiquette

I agree to:

- Use mats, blocks, straps, bolsters and other props carefully and return them clean and tidy after class
- Wipe down shared mats and props, or bring my own mat
- Stay home if I have a contagious illness, and tell the studio about any skin condition that could spread through shared equipment
- Keep my phone on silent and respect quiet areas and other students
- Follow the teacher's instructions and the studio's posted rules

The studio is not responsible for personal belongings left in the studio, changing rooms or lockers, except where caused by its negligence.

Hands-on adjustments

Some teachers use gentle touch to help with alignment or deepen a pose. You can change your answer at any time, including during class, by telling your teacher or using the studio's consent card if one is offered.

Do you consent to hands-on adjustments? *

- ◯ Yes, I am happy to receive hands-on adjustments
- ◯ No, please use verbal cues only

Photos, video and email updates

The studio may take photos or short videos during classes and events for its website and social media. Students who prefer not to appear will be left out of shots or not shown in a recognisable way.

Photo and video consent *

- ◯ I allow photos and videos of me to be used by the studio
- ◯ Please do not use photos or videos of me

Would you like email updates about schedules, workshops and offers? *

- ◯ Yes, send me email updates
- ◯ No, only send messages about my bookings

Activities and risks

I wish to take part in yoga classes, workshops, private sessions, retreats and related activities offered by **[Studio Name]**. Activities may include postures, stretching, balancing, inversions, breathing practices, meditation, partner work, use of props and heated classes.

I understand that yoga involves physical effort and that risks include:

- Muscle soreness, strains, sprains and overstretching
- Joint, back, neck, wrist and knee injuries
- Falls, slips and loss of balance, including during inversions
- Dizziness or fainting, particularly with breathing practices, quick changes of position or heat
- Dehydration and overheating in heated classes
- Aggravation of existing conditions or injuries
- Injury from props, equipment or the actions of other students

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Assumption of risk

I take part voluntarily and understand that I am responsible for working within my own limits. I will choose modifications, rest when I need to and stop if I feel pain or unwell.

I accept the ordinary risks of yoga described in this form, and I accept responsibility for injury or illness caused or materially contributed to by health information I withheld or provided inaccurately, or by my failure to follow the teacher's instructions or studio rules.

Liability release

To the fullest extent permitted by applicable law, I release **[Studio Name]** and its owners, teachers, employees, contractors and volunteers from claims for injury, illness, loss or damage arising from the ordinary risks of yoga that I have knowingly accepted in this form.

This release does not exclude or limit liability that cannot legally be excluded or limited, including liability for death or personal injury caused by negligence where the law does not allow it to be excluded, gross negligence, intentional misconduct or violations of mandatory consumer rights.

Privacy and recordkeeping

The studio will collect and keep the information in this form, including health information, to manage my registration and bookings, keep me safe in class, contact me or my emergency contact, process payments and meet its insurance and legal obligations.

Information will be handled according to the studio's privacy notice and applicable data-protection laws. I can ask to access or correct my information, and I can change my photo, adjustment or email preferences at any time.

Final declaration

By completing and signing this form, I confirm that:

- The information I have provided, including my health information, is complete and accurate.
- I have read and agree to the class pass, booking, cancellation, late arrival and studio policies.
- I understand the risks of yoga, including heated classes if I take them, and take part voluntarily.
- This registration and waiver apply to all future classes and events at the studio unless I am asked to sign a new form.
- I understand that this form does not remove rights or protections that cannot legally be waived.

Signature

☐ I have read, understood and agree to the Yoga Class Registration Form above, including the studio policies, assumption of risk and liability release, and I confirm that the information I have provided is accurate. *

Signature *