

A New Day: Massage & Yoga Studio, LLC
338 Pennsylvania Avenue West, Warren, Pa 16365
INFORMATION & WAIVER OF LIABILITY

Name: _____ Birth Date: _____ Phone #: _____

Address: _____ City: _____ Zip: _____

Email: _____ Would you like to be added to our email list? _____

Emergency Contact Name: _____ Phone: _____

How did you hear about A.N.D.? _____

What times work best for you for Yoga? _____

I fully appreciate, understand, and acknowledge the fact that yoga may be strenuous and that there exists certain inherent risks and hazards. I choose to voluntarily participate in instructional sessions at A New Day: Massage & Yoga Studio, LLC, and by participating, assume, in any programs offered by A New Day, full responsibility for all risks. If I observe any undue stress or pain during my participation, I will remove myself from participation and bring this situation to the attention of the nearest teacher.

I understand that if I have health concerns, it is my responsibility to consult with my health care practitioner prior to my participation in any programs offered at A New Day. I assume full responsibility for my participation.

Terms and conditions of participation:

- If I eat before class, I will eat lightly. (We recommend that you drink at least 8 oz. of water after class.)
- I will arrive on time.
- I will turn off cell phones and pagers.
- I will wear non restrictive clothing, and avoid perfumes and scented lotions.
- I will tell my teacher about existing injuries, conditions, or limitations that might affect my practice.
- I understand that fees for class cards are nontransferable and nonrefundable.
- I understand that Drop In or Series class cards expire as stated at the time of purchase.

I willingly agree to comply with the above stated terms and conditions for participation.

By signing below I release A New Day: Massage & Yoga Studio, LLC, as well as their agents, tenants, managers, individual person, and damage or loss to my property incurred while on the premises at 338 Pennsylvania Ave. West, Warren Pa 16365.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.
