



Adult Yoga Health Form

Dear Student:

Please complete this form so we may review it prior to your first Yoga class. It will allow us to properly assess your personal needs. If you have any questions, please feel free to ask. We are happy to serve you.

Is this your first Yoga class? _____ If not, please explain: _____

General Health Information: Do you have any of the following conditions?

<input type="checkbox"/> Pregnant	<input type="checkbox"/> Sensitivities (Please explain below)	<input type="checkbox"/> Ailments of Lungs (What type?)
<input type="checkbox"/> Contact Lenses	<input type="checkbox"/> Stress	<input type="checkbox"/> Arthritis (Where?)
<input type="checkbox"/> Varicose Veins	<input type="checkbox"/> Exhaustion	<input type="checkbox"/> Back pain <u>lower, middle, upper?</u>
<input type="checkbox"/> Sinus Problems	<input type="checkbox"/> Emotional Imbalance	<input type="checkbox"/> Pain or Discomfort in any part of your body
<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Anxiety	If yes, where? _____
<input type="checkbox"/> Weight Loss or Gain	<input type="checkbox"/> Female/Male Disorders (Please explain below)	<input type="checkbox"/> Other _____
<input type="checkbox"/> Fibromyalgia		

Explanation of any sensitivities, disorders, or pain: _____

Any recent or past accidents or injuries? If yes, please explain how the accident or injury has affected your body: _____

Are you presently taking medication? If so, what is the name of the medication? Do you experience any side effects? _____

For those who require special attention, have you contacted your Doctor prior to attending Yoga class? _____

Please consult your Doctor before starting Yoga if you have undergone any form of surgery or are under heavy medication.

Other necessary information in regards to your health, please explain: _____

I, _____, hereby release The School of Royal Yoga and all Instructors and Teachers (of The School of Royal Yoga) of all liability and responsibilities pertaining to Yoga classes. I agree to let The School of Royal Yoga know if there are any changes to my health status. I am 18 years of age or older and understand this disclaimer. Further, I understand the transfer of contagious and/or airborne illnesses increases in an indoor environment. I agree to release The School of Royal Yoga and it's Teachers, Instructors and Principals from any liability and responsibility pertaining to this class.

Signed: _____

Name: _____

Dated: _____

Address: _____

Class: _____

Phone: _____

Instructor: _____

Email: _____

How did you hear about us _____

Would you like to receive our emails? Yes/No *Thank you!*