

## HOLISTIC YOGA AND MEDITATION STUDENT REGISTRATION FORM

Class/Event/Retreat/Private Sessions Starting Date \_\_\_\_\_  
Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail \_\_\_\_\_  
Phone(s) \_\_\_\_\_  
Emergency Contact Full Name, Phone Number, Relationship to you. \_\_\_\_\_  
\_\_\_\_\_

### **Health and Other Information**

Date of Birth \_\_\_\_\_  
Please, describe your health, any injuries/hospitalizations in the past 18 months.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If taking medication, please list all, and what you are taking it for.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you been treated for substance abuse and dates? \_\_\_\_\_  
Any history of drug use? \_\_\_\_\_ What kind & last used? \_\_\_\_\_  
How often are you in pain? Describe it. \_\_\_\_\_  
\_\_\_\_\_

Anything else we should know in order to serve you better? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What would be your goals for this class/retreat/event/private session(s)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I, \_\_\_\_\_, am sending separately a proof of being fully vaccinated /  
boosted against COVID-19.

I, \_\_\_\_\_ will not have taken care of anyone sick  
with COVID-19, nor in contact with anyone exhibiting COVID-19 symptoms, nor have  
symptoms myself within 5 days prior and at class/retreat/event/private session starting time.  
I agree to follow social distancing and mask wearing rules.

I, \_\_\_\_\_, was last diagnosed with COVID-19 on \_\_\_\_\_  
and have fully recovered.

### **Student Waiver Agreement**

I, \_\_\_\_\_ understand that yoga is not a substitute for medical  
attention, examination, diagnosis or treatment. Yoga may not be safe, nor recommended  
under certain medical conditions. I affirm that I alone am responsible to decide whether to  
practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or  
hereafter may have against Ema Stefanova, or Ann Arbor Yoga and Meditation.

I, \_\_\_\_\_, understand that all money paid toward  
class/retreat/event/private sessions is neither refundable, nor transferrable to other persons  
in case I choose not to attend, or decide to leave before the end of class/event.

Signature \_\_\_\_\_ Date \_\_\_\_\_