



become•yoga

INFORMED CONSENT

Name: _____ Cell #: _____ Home #: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Email: _____ Occupation: _____

Best Way to Contact in Case of Class Cancellation: Phone Text Email

Please read the following statements carefully:

I _____ (print name) understand that I will be attending the yoga class as part of a group and that the class will not be specifically designed to my individual needs. The yoga class will begin at a low level of physical movement and various stages of adaptation will be given for my choosing. If I experience any pain or discomfort, I will listen to my body, adjust the posture and/or ask for support from the instructor. If at any point I feel overexertion or fatigue, I will respect my body's limitations and I will rest before continuing yoga practice.

I understand that regular and consistent yoga training results in physical benefits such as improved muscle strength, greater muscular endurance and increased flexibility, as well as mental benefits such as better relaxation and stress reduction. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. I understand that I am exposed to certain risks of injury while participating and that these injuries may result from my own actions, the actions of others, or the combination of both.

It is my responsibility to consult with a physician prior to my participation in the yoga class. I have provided the most current information on the PAR-Q form and if my health changes, I agree to inform the instructor. If I am accidentally injured during the yoga class, immediate first aid will be offered (if needed) but I will be responsible to seek further medical attention. Any information gathered in conjunction with the class will be kept confidential to the extent provided by law. No identifiable information will be released or revealed to any other party without my written consent.

Yoga is an individual experience and I agree to voluntarily participate in the yoga class. I acknowledge that I have read this form in its entirety or it has been read to me, and I understand my responsibility in the yoga class in which I will be engaged. I accept the risks, rules, and regulations set forth and hereby release LaDawn Insull from any and all liability, negligence or other claims arising from or in any way connected with my participation in the yoga class. This agreement is binding on my heirs, executors, administrators and assigned.

Signature of Participant: _____ Date: _____

Emergency Contact Name: _____ Phone: _____

If participant is under 18 (must be at least 13 years of age):

As legal guardian of _____, I consent to the above listed terms and conditions.

Guardian Signature: _____ Date: _____



become•yoga

STUDIO POLICIES – PLEASE INITIAL THAT YOU HAVE READ EACH SECTION

ACUITY:

INITIALS: _____

- please keep the original email you received from Acuity (check your junk folder if it does not arrive in your inbox) and/or download the Acuity app on your phone.
- you must cancel a class at least 2 hours before the class time (if not, it will count as a class used) and sign up for a spot at least 1 hour before class time using Acuity (let me know if you have any issues).
- if you cannot attend class and you've missed the 2 hour window, please text me just so I know not to expect you (**SAVE 204.312.7552**). **The door will be locked promptly at the start of class UNLESS you notify me that you will be late.**

PARKING OPTIONS:

INITIALS: _____

- on the driveway (if you need to make a quick exit, please don't park here).
- street parking on the inside of the crescent (my side) both south & north of the studio.
- when you arrive, you will have the opportunity to sign a sheet if you WALKED, BIKED, WERE DROPPED OFF or CARPOOLED to class (10 sign-in's = \$5 off the next pass).

WHEN YOU ARRIVE:

INITIALS: _____

- please DON'T ring the doorbell.
- when the sign is on the door, it means the door is unlocked and you are welcome to enter.
- remove your shoes & leave them on the runner in the entrance.
- come downstairs, hang up your jacket, place bags, cell phones & keys into a cubby space and roll out your mat.
- hand sanitizer will be available when you come downstairs and there is a bathroom for your use as well.
- grab any studio props you'd like to use and settle on your mat.
- the front door will promptly be locked at the start of each class. If you will be late, please text me (**SAVE 204.312.7552**) and then you can lock the door behind you as you quietly enter.

COVID (subject to change as per Public Health Orders):

INITIALS: _____

- please do not come to the studio if you feel even a little unwell.
- please sanitize/wash your hands when you enter the studio space.
- when you approach my home, there are long windows on each side of the door. Please look in before entering - if someone is removing their shoes, give them a moment to head downstairs before you enter. The entrance is large but it's important to give people lots of space when both entering and exiting. If possible, come early to class (the door will be open at least 20 minutes before class starts) and try not to have to hurry to leave after class so that you're not in a rush.
- currently mask use is not mandatory during class but you are welcome to use one if you wish.