



6160 Dixie Hwy., Suite 240
(behind Pete's Coney Island)
Clarkston, MI 48346

248-770-5388
info@YogaOasis.US
www.YogaOasis.US

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I understand that yoga is an activity that includes physical activity that may not be appropriate for people with various medical conditions; that in any physical activity, risk of serious physical injury is possible; that yoga is no substitute for medical diagnosis and treatment; that yoga practice and/or specific poses are not recommended for individuals with certain medical conditions. I realize that my instructor must be informed of medical conditions I have that might require certain practices to be done cautiously or avoided altogether. By signing this statement I agree to inform Yoga Oasis LLC of any medical conditions that might moderate or preclude my participation in a yoga class; furthermore, I agree to inform my instructor or Yoga Oasis LLC of any changes in my health that might moderate or preclude my continued participation; furthermore, I realize that I am solely responsible for my participation and safety and assume all the risk of yoga practice, therefore, I will not hold the instructor(s) or any part of Yoga Oasis LLC or its owners liable for injuries that may occur during, or as a result, of this activity.

Signature _____