

Yoga Lessons with Andrea

Benefits of Yoga

- Develop flexibility & strength
- Weight loss & management
- Reduce stress
- Restore balance

Why Private Classes?

- Personalized, 1-on-1 training to achieve your health goals
- Learn more quickly, go deeper with personal attention & training
- Practice based on your schedule, your availability

Class Packages

- | | |
|--------------------------------------------|-------|
| • One 30-minute session | \$17 |
| • 1 month package (30 minutes, 4 sessions) | \$65 |
| • 2 month package (30 minutes, 4 sessions) | \$120 |
| • One 45-minute session | \$25 |
| • 1 month package (45 minutes, 4 sessions) | \$95 |
| • 2 month package (45 minutes, 4 sessions) | \$180 |
| • One 60-minute session | \$30 |
| • 1 month package (60 minutes, 4 sessions) | \$115 |
| • 2 month package (60 minutes, 4 sessions) | \$200 |

HOW IT WORKS

Classes can be held at your home or at BE Strong Fitness & Yoga. Together, we'll work specifically on your health goals using the best yoga practices to serve you. This is highly-individualized and designed to help you get the most benefits in the least amount of time possible.

PREPARE FOR CLASS

- Turn off your phone
- Use a yoga mat
- Wear loose-fitting, athletic clothing
- Schedule 60 minutes uninterrupted
- Avoid eating 3 hours before practice

HEALTH & SAFETY

Check with a trusted medical professional before starting any new exercise routine. If you have an existing medical condition or injury, make sure your doctor approves of yoga as a rehabilitation protocol. Your health is your responsibility, please take care and err on the side of caution.

Student Info, Terms & Agreement

Your Name: _____

Address: _____

City: _____ State/Province: _____ Post/Zip Code: _____

Email: _____ Cell: _____

(1) Do you have any injuries or medical conditions / medications I should know about?

(2) What is your primary interest in yoga today?

overcome injury weight loss flexibility strength relieve stress

other _____

(3) If this goes well, what would you hope would be the outcome from our practice together?

TERMS & CONDITIONS - Please read and initial below.

Class Size Limit. Private class rates are based one student. For each additional student, there is a \$10 per student per class charge.

Liability Waiver. Students take full responsibility for their own health and any illness or injury that may occur. Students cannot and will not hold instructors or any employers or affiliates responsible in the case of accident or illness during practice.

I have read and understand the terms and conditions of yoga classes as outlined above.

Signed: _____ Date _____

Student Liability Waiver

Full Name: _____

Address: _____

City: _____

State/Province: _____

Zip / Post Code: _____

Email: _____

Tel: _____

INITIAL EACH STATEMENT

___ **I take full responsibility for my own health & safety.** I hereby assume all of the risks of participating in any/all activities associated with this event, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

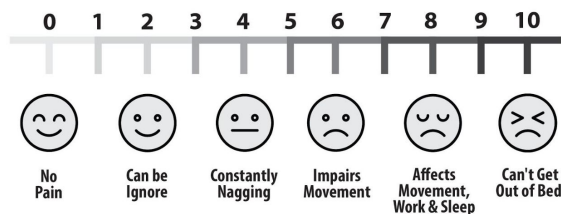
___ **My health professional approves of yoga practice.** I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

___ **I waive full liability.** I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

___ **Physical touch / adjustments.** I understand that my teacher will use his/her hands as a teaching tool throughout class to help me safely enter, exist, and modify poses unless explicitly asked not to.

___ **Yoga is not a panacea.** I understand that neither yoga nor my instructor are here to diagnose or cure any disease, injury or illness.

Do you have an injury or chronic pain? (please describe) _____



How bad is the pain (0-10, see chart): _____ Taking any medication? _____

Has anyone recommended that you not practice yoga? _____

I have read, understood, and agree with all the terms and conditions of this waiver.

Student's Signature

Date