

PRENATAL, POSTNATAL, MOMMY & ME REGISTRATION FORM

Please print – and make an effort to write clearly. Thank you.

Today's Date _____

Name _____ Your Birth date _____

Address _____

City _____ State _____ Zip _____ Occupation _____

Home Phone _____ Work/Cell Phone _____

Email _____@_____ We never EVER sell, rent, or share e-mail addresses or other personal information with ANYONE. Is it ok if we put your e-mail address on our mailing list? ___ Yes ___ No

In case of an emergency, contact _____ Phone _____

Level of Activity: ___ Sedentary ___ Light ___ Medium ___ Heavy ___ Very Heavy

Any problems/discomforts/pain? _____

Do you have a history of the same problem(s)? _____

What makes it better? _____

What makes it worse? _____

What self-help measures have you tried? Did they help? _____

How did you hear about the Prenatal Yoga Center? *(please check all that apply)*

___ Word of mouth *(please give name)* _____ ___ Brochure ___ Website

___ Health professional *(please give name)* _____

___ Other *(please specify)* _____ ___ Flyer *(location):* _____

PRENATAL: Due Date _____ Dr./Midwife _____

Number of pregnancies _____ Number of deliveries _____ Previous Cesarean? _____
(Including this one)

POSTNATAL AND MOMMY & ME: Baby's Birth date and Name _____

CONTINUED ON BACK

Policies and Guidelines

The Prenatal Yoga Center honors and respects the journey of pregnancy and new motherhood. With that in mind, we have created guidelines and policies that offer flexibility while maintaining the integrity and intention of our yoga program and other professional services. We appreciate your understanding and observance of our guidelines and policies and look forward to serving you.

ENROLLMENT

- Prenatal, Postnatal and Mommy and Me and Infant Massage classes are ongoing; you may start at any time.
- New Mother's Support Group, Music for Babies and Baby Sign Language classes are NOT offered as open enrollment. Please check the events page for specific start date.
- First time yoga students are welcome to take a single class before committing to an 8 week series.

CLASS CARDS (Applies to ALL classes)

- Class cards are valid for a limited period of time. Prenatal Yoga cards are valid for **8 consecutive weeks**. Postnatal and Mommy and Me are valid for 6 months.
- Classes that are not used by the expiration date are forfeited.
- Class cards have no cash value.
- All fees once paid are non-refundable.

MAKE UP CLASSES & BEDREST

Missed prenatal classes may be made up in *any* other prenatal class offered during your 8 week session. Missed classes will not be carried over. Should you deliver within your 8 week package, unused classes will be credited to Mommy and Me or Postnatal Yoga classes to be used within 6 months. Unused classes will NOT be carried over to another pregnancy.

With the exception of bedrest accompanied by a doctor's note, The Prenatal Yoga Center cannot be responsible for providing additional make-ups or issuing any credit for classes missed as a result of scheduling conflicts, vacations, illness, emergencies, or other circumstances beyond our control.

If you are put on bedrest, please notify the studio immediately and remaining classes will be transferred to Mommy and Me or Postnatal Yoga.

AGREEMENTS of RELEASE and WAIVER of LIABILITY

1. I am or will be participating in the Yoga Classes, Health Programs or Workshops offered by the Prenatal Yoga Center, LLC, during which I will receive information and instruction about yoga and health. These classes entail physical activity. I recognize that such physical activity may be difficult and may cause or aggravate a physical injury or medical condition. I am fully aware of and accept the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participating in the Yoga Classes, Health Programs or Workshops, and to receive prior approval to participate. I represent and warrant that I am physically fit and I have no Medical condition or injury which would prevent my full participation in the Yoga Classes, Health Programs, or Workshops.
3. In consideration of being permitted to participate in the Yoga Classes, Health Programs or Workshops, I agree to assume all full responsibility for any risks, conditions, injuries, or damages, known or unknown, which I might incur or aggravate as a result of my participating in same.
4. In further consideration of being permitted to participate in the Yoga Classes, Health Programs or Workshops (the "Programs"), I knowingly, voluntarily, and expressly waive any claim I may have or acquire against the Prenatal Yoga Center, LLC, or the landlord or any premises at which it may operate, for any injury, condition or damages that I may sustain as a result of entering or being on the premises or participating in the Programs.
5. I, my heirs or legal representatives forever release, waive, discharge, and covenant not to sue the Prenatal Yoga Center, LLC or the Landlord of any premises at which it may operate, for any injury, condition, or death which arises, is caused by or is aggravated by reason of my participation in the Programs.
6. I understand that it is my continuing responsibility to inform the Prenatal Yoga Center LLC of any previous medical conditions, injuries or surgeries prior to my first class and at such other times as I acquire information to the same.
7. The tuition paid herewith and such registration fees paid hereafter are non-refundable, such refunds, if any, as are made shall be entirely within the discretion of the Prenatal Yoga Center, LLC.

Please list any previous conditions, ailments, injuries and/or surgeries:

8. I also understand that except for a monetary refund, I have no claims against the Prenatal Yoga Center, LLC, or the landlord of the premises (except for monetary refund) by reason of their refusal to allow me to participate in the Programs.

I have read the above Release and Waiver of Liability and fully understand its contents. I voluntarily agree to the terms and conditions as stated above.

SIGNATURE _____ **DATE** _____