



Prenatal Yoga Registration and Release Form

www.birthwithcare.com

Name: _____

Address/City/Postal code: _____

Contact Information: Home # _____ Work # _____ Cell # _____

E-Mail: _____ Add to contact list? _____

Date of Birth: _____

Emergency Contact Info: (Name and Phone #): _____

How much Yoga have you done and where? _____

Estimated due date: _____ Any complications from pregnancy? _____

Do you have any injuries or medical conditions (eg high BP, Diabetes etc) that the teacher should be aware of? _____ IF YES, PLEASE SPECIFY: _____

Upon acceptance of this application for participation in classes and workshops offered by Nelia DeAmaral or her designated back up, I, the undersigned, hereby release and forever discharge Nelia DeAmaral or her designated back up, the company and all directors, officers, agents, servants, employees, contractors or their successors and heirs from all actions or causes of actions, or claims of any kind or nature whatsoever, howsoever caused arising out of, or in any way connected with my participation in this program. I acknowledge and understand that a risk of personal injury may be involved in the exercises. I agree to follow all instructions carefully and take full responsibility for the integrity of my body.

Upon signing this form, I agree to notify my treating physician about my participation in yoga classes. I also agree to keep the instructor informed regarding any changes in my pregnancy or health in general.

Yoga classes and workshops include techniques and exercises for developing strength and flexibility; endurance; stamina; relaxation; concentration and breath awareness. These classes may include the use of equipment in support of the above techniques (mats, belts, pillows, blankets, etc.).

Signed: _____

Dated: _____

<u>For Studio Use Only</u>	
_____	Single Class:
_____	Session:
_____	Workshop:
_____	Other:

Privacy statement: All information collected is for the exclusive use of Nelia DeAmaral at Birth with Care. It will not be shared in any manner with any other business or individual; it will not be sold.