

MOUNTAINGOAT YOGA - HEALTH CONSENT FORM

(Print clearly)

Name: _____ Date: _____

Address: _____ City: _____ Postal Code: _____

Email: _____ Telephone #: (_____) _____

Please check box if you'd like to receive our newsletter

Date of Birth: (i.e. 01 Jan 70) _____ Age: _____

Emergency Contact: _____ Emergency #: (_____) _____

All yoga and any other exercise programs provided by Mountaingoat Yoga Centre are for people who are in good health and are physically fit. We ask that you consult your doctor before beginning any yoga or any other exercise programs provided by Mountaingoat Yoga Centre. Any program offered by Mountaingoat Yoga Centre is not intended as an alternative to seeking medical advice for any health concern a participant may have. Consult your doctor for the diagnoses and treatment of any suspected medical condition/problem. Prescription medication may restrict or prohibit exercise programs including but not limited to "Hot Room" yoga. Please consult your doctor.

Not all exercise programs including yoga programs are suitable for everyone. I, the undersigned, remain informed and understand that any physical exercise including yoga and "Hot Room" yoga has been associated with certain risks. These risks include but are not limited to, musculoskeletal injury, nerve injury, and abnormal blood pressure responses, exacerbating existing condition/problems and old injuries/conditions, and in some rare instances - heart attack, stroke or death.

I understand that at any time including but not limited to during any exercise program including yoga and "Hot Room" yoga, I may stop and discontinue all or any exercise when I see fit to do so.

I am responsible for my health and wellbeing.

I, the undersigned, agree to assume all risk of injury or damage resulting from the participation in any exercise program offered including Yoga and "Hot Room" Yoga by Mountaingoat Yoga Centre and its employees.

I, the undersigned, release, discharge, and waive any and all responsibility of Mountaingoat Yoga Centre and its employees from and against any liability claims, demands and actions of injury including death, and/or for damage to and/or loss of property, which may be suffered arising from my participation in any programs including yoga and "Hot Room" yoga programs offered by the Mountaingoat Yoga Centre and its employees.

Date: _____

Signature: _____

Teacher Initial: