

NOTE: Please complete this form, save the PDF, and email the file to kathrynquinn@hotmail.co.uk prior to the event



Student physical readiness & waiver form

Ahead of class, please complete the below form and review the waiver on the following page carefully, so that I can ensure the class is best suited to you.

If you have any questions or concerns which you would like to discuss directly with me, please email me: Parisa at hopeyogauk@gmail.com

Do you have any injuries or health conditions which might affect your practice? Please provide relevant details, and keep the teacher updated if any new injuries arise before class.*	
Have you practiced yoga before? If yes - how frequently? What type? *	
Are you pregnant or less than 12 months postpartum? If yes, please provide details. *	
Do you confirm that you have read and understood the waiver provided on the following page? Yes/No *	
Student full name*	
Student email (optional – to subscribe to the Hope Yoga monthly newsletter including a free class code. Unsubscribe at any time.)	
Date*	

* required



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Class waiver for all students

- By signing up for a class with Parisa Golshekan, Hope Yoga UK, you confirm that you agree to the following:
- Cancellations must be made via email at least 24 hours in advance of the class time for a full refund. After this time a refund may not be possible.
- You will inform the teacher if you are pregnant or less than 12 months post-partum. Parisa Golshekan is not trained to teach pregnancy or post partum yoga just yet.
- It is your responsibility to inform the teacher of any injury or health issues at the start of every class, and you will consult your doctor before commencing any physical activity. You alone are responsible to decide whether to practice yoga.
- As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If you experience any pain or discomfort, you will listen to you body, adjust the posture and ask for support from the teacher.
- You accept that Parisa Golshekan, Hope Yoga UK, is not liable in any way for any injury or damages to the person or property resulting from taking the class, and you waive the right to any claims that you have now or hereafter may have against Parisa Golshekan, Hope Yoga UK.