

## Fitch House Yoga Information & Liability Waiver

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Cell Phone #: (\_\_\_\_) \_\_\_\_\_ Text Yes / No Email: \_\_\_\_\_

Emergency Contact (name & number) \_\_\_\_\_

Have you ever practiced Yoga before? If so, what kind and for how long? \_\_\_\_\_

\_\_\_\_\_

While I am not certified to provide therapeutic yoga, I would like to be aware of your general health/wellness so as to best plan practices. Please include any injuries, mental/physical health issue, or other things you'd like me to be mindful of.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Would you like to get emails from Mia Mitoma about future yoga opportunities? YES / NO

Please email [mia@fitchhouse.com](mailto:mia@fitchhouse.com), text 310-868-4445 as appropriate if you don't plan to come for class as soon as you know. Since there is a class maximum, students will only be able to drop in if space is available.

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## LIABILITY/ STUDENT WAIVER AGREEMENT

I \_\_\_\_\_(print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. 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 I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

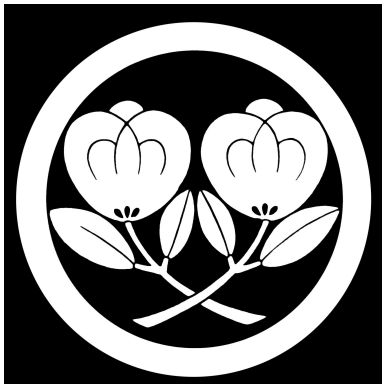
Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe for people suffering from certain medical conditions. Always check with your doctor before starting a yoga practice to ensure that it is appropriate for you.

I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Mia Mitoma and/or The Fitch House.

\_\_\_\_\_  
Name of student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of student (or guardian if not 18y.o.)



## Fitch House Yoga Information & Liability Waiver

With completion of a 200-hour Yoga Alliance registered Yoga Teacher Training at Samadhi Yoga Studio in Manchester, Mia Mitoma, CYT-200, is excited to be offering yoga practice at The Fitch House B&B to anyone who feels that they could benefit from all that yoga has to offer. Please take a moment to consider the following questions and reply with your answers at your earliest convenience. Your response will help plan for practice with you in mind. Don't feel like this is a typical "multiple choice" inquiry, please mark all that apply, and explain further if you feel like elaborating. Thank you!

1. What class(es) are you committing to?

- a. Vinyasa Flow (60 min) time: \_\_\_\_\_ Day: \_\_\_\_\_ session \_\_\_\_\_
- b. All Levels Yoga (60 min) time: \_\_\_\_\_ Day: \_\_\_\_\_ session \_\_\_\_\_
- c. Foundational (60 min) time: \_\_\_\_\_ Day: \_\_\_\_\_ session \_\_\_\_\_

2. How many times per week would you like to practice yoga?

- a. 1 day/wk
- b. 2 days/wk
- c. 3 days/wk
- d. daily

3. Which of the following 1-hour class start times would work best for you?

(Please circle or hi-light all that you are likely to attend in the **next** session)

- |                    |                                  |      |                                    |     |     |        |
|--------------------|----------------------------------|------|------------------------------------|-----|-----|--------|
| A. Monday          | 9:30am                           | 11am | 4:30pm                             | 5pm | 6pm | 6:30pm |
| B. Tuesday         | 9:30am                           | 11am | 4:30pm                             | 5pm | 6pm | 6:30pm |
| C. Wednesday       | 9:30am                           | 11am | 4:30pm                             | 5pm | 6pm | 6:30pm |
| D. Thursday        | 9:30am                           | 11am | 4:30pm                             | 5pm | 6pm | 6:30pm |
| E. Friday          | 9:30am                           | 11am | 4:30pm                             | 5pm | 6pm | 6:30pm |
| F. Saturday/Sunday | 1 hr morning start time(s) _____ |      | / 1 hr evening start time(s) _____ |     |     |        |

4. What type of class(es) have you enjoyed in the past, or would you like to try? (mark all that apply)

- a. beginner - I've never practiced or I haven't practiced in a LONG time
- b. community - all levels practice, focusing on breath and alignment with traditional postures offering modifications/alternative postures as needed
- c. vinyasa - focus on building energy through flow, and working to build strength, flexibility, and inversions
- d. other - please tell me :-)

5. What do you hope yoga will provide you?

- a. mindfulness and meditation
- b. physical fitness
- c. community
- d. stretching
- e. pain relief (back, neck, joint, emotional, etc.)

6. Please tell me something about you. It could be why you decided to practice yoga, or something you hope to get out of your yoga practice, or anything else you feel like sharing.