



health & medical history

Full name: _____

Mobile: _____

Email: _____

DOB: _____

How did you hear about Inspired, Wild & Free? _____

Emergency contact name: _____

Emergency contact number: _____

what motivated you to choose to start yoga classes:

fitness weight loss flexibility meditation strength
stress management lifestyle health other: _____

do you have any of the following:

high/low blood pressure pregnancy joint/muscle/back pain depression
anxiety scoliosis varicose veins/DVT heart condition asthma
diabetes epilepsy migraines hernia spinal problems
chronic fatigue recent surgery thyroid conditions arthritis

Please advise of any injuries: _____

Do you suffer from any allergies?: _____

Are you currently on any medications? _____

Please advise of all medical conditions that might interfere with your ability to exercise:

release.

- I give permission for Inspired, Wild & Free to use any photos they take of me while at the studio or any events they hold, such as on their social media, website or marketing.
- I want to receive email newsletters regarding upcoming events and workshops

liability waiver & acceptance.

Prior to the commencement of a class, you must inform us and any instructors if there are any risks to your health by participating in any of the sessions held at our studio.

Inspired, Wild & Free and its instructors are not medically trained. Visitors are advised to seek medical advice and approval prior to commencing any exercise program or participating in any of our classes, particularly if you have pre existing medical condition.

I declare myself to be physically sound and suffering from no condition or impairment that would prevent my safe participation in the physical activities at Inspired, Wild & Free. I agree to keep Inspired, Wild & Free informed of changes in my physical condition.

I agree that either 1) I should consult with my physician before participating in the physical activities at Inspired, Wild & Free; or 2) I have decided to participate in these activities without the approval of my physician and assume responsibility for that participation.

I understand that Inspired Wild & Free, its partners and teachers will provide yoga and or meditation instruction and teaching. I understand the instructions are intended only as guidance. I therefore take full responsibility to adjust my practice to my own limitations to ensure that no personal injury occurs.

Participating in any form of class or session is done entirely at my own risk and I am voluntarily participating in such exercises.

Accordingly, I hereby assume full risk for any injury or loss I may suffer whilst practicing at the studio and waive any claim that I might have at any time against Inspired, Wild & Free, its partners or teachers and hereby release Inspired, Wild & Free, the owner, the director, the provider, it's employees, affiliates, contractors and others acting on it's behalf from any and all claims or liabilities including negligence.

Packages and all classes purchased expire after 6 months of purchase date. No refunds / exchanges / transfers can be made. I understand that Inspired, Wild & Free has the right to amend or alter these terms at its sole discretion with, or without any notice and reserves the right to refuse service to anyone at any time.

I agree that Inspired, Wild & Free is in no way responsible for the security or safekeeping of my property or personal belongings whilst I am at the studios. Inspired, Wild & Free does not assume responsibility for any lost, stolen or damaged personal property.

I have been provided with a copy of the studio's policies and terms and conditions and agree to adhere to those terms and conditions outlined by Inspired, Wild & Free. My participation in such classes, events and sessions held at the studio is further indication of acceptance of these terms.

I have carefully completed and read the above waiver of liability, and fully understand its contents and voluntarily agree to these terms.

Name: _____

Signed: _____

Date: _____