



**UNITY YOGA STUDIO  
STUDENT PROFILE**

Name:

E-mail:

City:

Zip Code:

Phone Number:

Address:

State:

Date of Birth:

Yes! I would like to join your email list. List email address. You will receive a confirmation before you start receiving emails and your email address will never be shared.

Yes! I would like to join your mailing list. List complete physical mailing address.

1) How did you hear about us?

2) What benefits or goals do you hope to achieve through your Yoga practice?

3) Have you practiced yoga before? How much and how often? What level would you consider yourself (beginner, intermediate or advanced)?

4) Any medical issues we should know about? Please describe.



## UNITY YOGA STUDIO MEDICAL RELEASE

I agree to the following statements: (Please initial below each statement)

I have been examined by a licensed physician within the past six months and have been found by such physician to be in good physical health and able to practice yoga exercises \_\_\_\_\_

Initials

I will follow all instructions and modifications provided by Unity and their instructors as to how to perform and not to perform yoga exercises. I understand that any deviation shall be at my own risk.

\_\_\_\_\_  
Initials

I will not hold you or your Unity teachers, partners, or employees responsible for any injuries suffered by me caused in whole or in part by my failure to not follow the instructions of a pose, enter into a posture when there is pain or due to any physical impairment of mine not fully disclosed to you in writing.

\_\_\_\_\_  
Initials

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## INFORMATION, TERMS AND CONDITIONS

### **Questions About Yoga Class or Workshop**

If participants have any questions prior to the class, they are encouraged to phone our office to speak to a yoga teacher about their questions and concerns at 708-469-7256 or email us at [info@unitywellnessgroup.com](mailto:info@unitywellnessgroup.com). Participants are also encouraged to contact their medical care provider to determine if participation in a group yoga class is appropriate for them. Frequently asked questions about yoga along with many common yoga myths can be found online at <http://www.unityyogasite.com/tips.php>

### **Medical Conditions**

Students who have a medical condition (including women who are pregnant) should advise the teacher prior to class of their condition and any limitations or restrictions imposed by their physician. Students who are hard of hearing should position themselves close to the teacher.

### **What to Wear**

Participants should wear comfortable exercise clothing such as jogging clothes, sweats, t-shirts, aerobic or active wear. Street clothes and blue jeans will not allow sufficient movement. Yoga is practiced in bare feet. Students who have been advised to wear shoes for certain foot conditions should ask their physician for permission to remove their shoes for yoga. Shoes will not be comfortable and will make some yoga postures difficult. Office Yoga can be practiced in normal business casual office attire.

### **General Information About Yoga**

Most of our classes are accessible for beginner level. We will teach a variety of standing, sitting and floor postures. More advanced students will be advised to go deeper and will still benefit from class. Yoga postures build strength, flexibility and endurance. Medical studies have shown that a regular practice of yoga will reduce stress, lower blood pressure, relieve pain from chronic injuries including back pain, relieve symptoms of many repetitive stress injuries including carpal tunnel, improve sleep, and improve balance and coordination. Although the benefits of yoga will be felt from the first class, the ability to go more deeply into the postures is a skill, which takes time and patience to develop.

### **Notice of Nondiscriminatory Policy As To Students**

Unity Yoga and Unity Wellness Group admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.