



The Yoga Connection

Yoga for YOUR life! Body • Mind • Spirit

Please help us create a supportive environment by briefly answering the following questions:

THE BASICS

Name (please print) _____

Address _____ ZIP _____

Best Phone #: _____ Email: _____

Would you like to be updated on studio happenings via our bi-monthly email newsletter? YES No, thank you

Would you like to opt in for our Yoga Rewards Program to earn points toward Yoga Dollars? YES No, thank you

Date of Birth (optional, sign up for birthday coupons!) _____ / _____ / _____ Senior

Emergency Contact Information: Name _____
MM DD YYYY

Relationship _____ Best Phone # _____

****Are there any physical conditions that the instructor should be aware of?** (This information is confidential. The more your teacher knows the better he/she can help individualize your practice during class.)

None Yes, please explain: _____

I agree to take responsibility for my own safety and not engage in any activity I feel is unsafe for me. I understand that the YC urges all students new to yoga to discuss their participation with their doctor prior to attending. I agree to hold harmless the Owners, Directors, Volunteers and Instructors of the YC regarding my participation. The Yoga Connection is not responsible for lost or stolen property.

Signature of Participant: _____ Date: _____

DETAILS

What is your reason for attending yoga? _____ Is this your first yoga class? _____

How long have you been practicing yoga? _____ Which class are you attending? _____

How did you hear about us?

Walk-in Groupon Student Name: _____ Internet _____
(FULL NAME, please. They earn Reward Points!) (please be specific)

Yelp! Living Social _____ Publication _____ Other _____
(please be specific) (please be specific)

Please indicate what subject(s) you are interested in:

- Astrology iRest (Yoga Nidra) Pranayama (breath work) Yoga for Kids
- Ayurveda Mantra (Chanting) Prenatal Yoga Yoga for Special Needs
- Chair Yoga Meditation Restorative Yoga Yoga for Women
- Chakra Balancing Mudra Retreats Yoga for Veterans
- Intermediate Yoga Other _____ Stress Management Yoga Philosophy
- Gentle/Back Care Yoga Pilates/Yoga Core Yin Yoga Zen Practice

Volunteer service; please tell us what you have in mind: _____

Yoga Teacher Trainings: 200hr 300hr Back Care Chair Yoga Kids Prenatal Restorative CEUs

The Yoga Connection is non-profit 501(c)3 serving the Tucson community since 1987.

Many of our instructors and staff volunteer their time to support this mission. Please let us know if we can be of service to you.

For Office Use Only:

Entered By _____ Date _____ Senior Membership Added Yes N/A Data Double Checked Yes