

The Mellow Monkey Yoga Studio

1 form per person

Name: _____

Phone: _____

Email: _____

May we update you on studio events via email? Y / N

Mailing Address: _____

Payment enclosed? Y / N How are you paying? Cash Check Credit Debit
(Credit/Debit cards can be used on our website only: www.mellowmonkeyyoga.com)

Have you practiced yoga before? YES NO How long? _____

Please list any medical information, past surgeries, and/or other injuries:

Examples may include: high/low blood pressure, recent or current pregnancy, old sports injuries, joint pain (even if undiagnosed), anything that currently (even occasionally) causes discomfort in the body, diabetes, depression, migraines, etc.

Liability 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 under certain medical conditions. 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 The Mellow Monkey Yoga Studio, Sara Hawson, or any other instructors at The Mellow Monkey Yoga Studio.

* _____ (participant 18+ yrs)

* _____ (parent/gaurdian)

FEB '10 MAR. APR. (circle one or more months)

Important Notes: Due to the progressive nature of our classes, we ask that you pre-register monthly. (Drop-ins are still welcome to most classes — call first). Class availability depends on enrollment—please call or check online (before the first of each month) before attending class. If this is an ongoing membership (monthly EFT), we just need your name & dasses checked.

DAY	CLASSES	TIME	Register ✓
Mon	Sunrise Yoga (time of this class will change in March...)	6:00 a.m.	
	Vinyasa Flow I/II	10:00 a.m.	
	Flow & Let Go	5:45 p.m.	
	Gentle Yoga	7:00 p.m.	
Tues	Gentle Yoga	10:00 a.m.	
	Monkey Yoga (kids of all ages)	4:15-5:00 p.m.	
	Vinyasa Flow II/III	5:45 p.m.	
Wed	Prenatal Yoga	7:00 p.m.	
	Sunrise Yoga	6:00 a.m.	
	Vinyasa Flow I/II	10:00 a.m.	
	Flow & Let Go	5:45 p.m.	
Thur	Gentle Yoga	7:00 p.m.	
	Vinyasa Flow II/III	10:00 a.m.	
	Intro to Yoga	5:45 p.m.	
Fri	Sunrise Yoga	7:00 p.m.	
	ZUMBA®	6:00 a.m.	
Sat	Sun Salutations & Meditation	5:45 p.m.	
	Yoga For Everyone	7:30 a.m.	

***Most classes are appropriate for beginners.

***Level II/III classes require min. 2 months yoga experience.

DROP-INS ARE STILL WELCOME FOR MOST CLASSES. JUST CALL FIRST TO MAKE SURE THERE IS SPACE!

More membership options & details are available on the website at www.mellowmonkeyyoga.com. Or feel free to call or come by!

**9017 E Euclid, Spokane Valley, WA 99212
(509) 270-0001**