



Raleigh NC Yoga, LLC  
4904-108 Alpinis Dr.  
Raleigh, NC 27615  
919-633-8999  
[www.RaleighNCYoga.com](http://www.RaleighNCYoga.com)

**Medical Disclosure Form**

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ & Phone \_\_\_\_\_

Do you have any physical injuries or other limitations that might inhibit your yoga practice? If so please describe in detail.

Have you had any previous surgeries? Please describe.

Are you on medication for any physical or mental illness? Please describe.

If there are any other details you think we should know about your medical or family medical history, please describe below.

## Waiver of Liability & Disclosure Form

**Welcome to Raleigh NC Yoga, LLC studio! Please read, initial and sign.**

1. I understand there is an inherent risk associated with any exercise program including my voluntary participation in yoga that may result in injury. The exercises related to yoga will challenge my cardio-respiratory and musculoskeletal systems associated with; the aerobic, anaerobic, strength, power, agility, flexibility and breathing components of the program. I understand and am aware that the components of exercise/yoga are potentially hazardous activities and may cause injury. (\_\_\_\_)

2. I acknowledge that I have either had a physical examination and/or have been given permission from my physician to participate in a yoga based exercise program or that I have decided to participate in an exercise program voluntarily and without the approval of my physician and do hereby assume all responsibility for my participation in any exercise/yoga or activity associated with Raleigh NC Yoga, LLC. (\_\_\_\_)

3. I certify that I am physically well and suffering from no medical problems, conditions, impairments, diseases, or any other illness that would prevent my participation or increase my risk of injury and/or illness as a result of partaking in any exercise/yoga program. (\_\_\_\_)

4. I, my heirs, or legal representatives, do hereby waive and release Raleigh NC Yoga, LLC., its teachers and employees from any and all liability and responsibility from injury, accident, illness, legal and medical fees sustained now or in the future resulting from my participation in any activity or use of equipment. (\_\_\_\_)

5. I understand that Raleigh NC Yoga, LLC. will provide an area for personal belongings to be held during class, however, I agree that Raleigh NC Yoga, LLC. is in no way responsible for the loss or damage of my belongings while I attend class. (\_\_\_\_)

I acknowledge that I have read this waiver of liability form. I fully understand its terms and conditions, and understand that I am giving up my right to sue Raleigh NC Yoga, LLC., its teachers and employees. I acknowledge that I am signing this agreement voluntarily, and intend by my signature to be a complete and unconditional release of liability to the greatest extent allowable by law.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

Date \_\_\_\_\_

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Raleigh, NC 27601  
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