

Yoga East - Corporate/Group Yoga Class Order Form

Organization or Group Name: _____

Address _____

City _____

State _____

Zip _____

Office Phone: _____

Office Fax: _____

Contact, Coordinator or Responsible Person

Name: _____

Phone: _____

Email: _____

Class Location

The room should have a firm, even floor and be large enough for the class. A yoga mat is 24" x 72".

Address _____

Room/Suite No. _____

City _____

State _____

Zip _____

Phone at location: _____

Or Yoga East Location: Holiday Manor Kentucky Street Frankfort Ave

Type of Class Requested (see attached list of Corporate Yoga Programs)

Fee

_____ \$ _____

Day and Time Requested

First Choice Day _____

Time: _____

Second Choice Day _____

Time: _____

Date you want classes to begin (allow two weeks advance notice): _____

Please enclose payment.

Amount enclosed \$ _____

Check # _____

VISA/MC/DISCOVER/AMEX (Circle One)

Credit card no: _____ Exp Date: _____/_____/_____

Security Code on card: _____ Name on Card: _____

Signature of card holder: _____

Billing Address of card Holder: _____



1232 E. Broadway
Louisville, KY 40204
502-585-9642

INFORMATION, TERMS AND CONDITIONS

Each Participant must read and sign the Medical Information and waiver and release of liability. Make additional copies as necessary. Payment for classes must be submitted in advance.

Questions About Yoga

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. Participants are also encouraged to contact their medical care provider to determine if participation in a group yoga class is appropriate for them.

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, if not impossible, to do. *Office Yoga* can be practiced in normal office attire.

Yoga Mats

A yoga sticky mat is recommended. An exercise mat will not work for yoga. Participants may purchase mats from Yoga East. Mats may also be purchased from many sporting goods stores, K-Mart and Target. Other types of yoga props may also be helpful for new yoga students. A yoga block, a yoga strap, and a yoga blanket can be helpful. Sometimes these items are available in yoga beginner kits. All items are available for purchase at Yoga East. A towel can be a good all-purpose prop. Students might also want to have water in a non-spillable, non-breakable bottle.

General Information About Yoga

An introductory class will teach a variety of standing, sitting and floor postures. 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

Yoga East, Inc. 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.

Corporate and Group Yoga Programs (Call for rates outside of Louisville Metro area)	At Your Location	At Our Location
Beginning Yoga Class 1.25 hr Classic yoga class includes basic poses, breathing, and alignment. Each student receives individual attention including evaluation for improvements to posture and help with problem areas: low back, shoulders, and knees. Class includes standing, seated and relaxation poses, flexing the spine in all directions, range of movement exercises for the joints, stretching, moderate cardio-vascular conditioning, cool-down and guided deep relaxation. We recommend 8-20 students	\$150	\$100
Beginning Yoga Class - Series of 8 Classes Same as above but series of 8 classes allows students to make progress toward goals.	\$450	\$300
Office Yoga 1.50 hr Simple stretches and relaxation for the office. Show how to use chairs, desks, tables and ordinary office setting for stretches that relieve stress, back pain and reduce repetitive stress injuries, fatigue, headaches in the workplace. Meditation techniques for effective and creative problem solving, team-building and reducing workplace anger and frustration are also given. We recommend 5-10 students	\$100	N/A
Gentle Yoga Class These special classes apply specific yoga postures and practices to chronic illnesses and conditions. Subjects available: Arthritis, Seniors, Multiple Sclerosis, Fibromylgia, Myofascial Pain Syndrome, Headaches, Cancer Survivors, Post-Polio, Breast Cancer, Crohn's & Colitis, Diabetes, Cardiac, Menopause & PMS 1.25 hr; Single class/8 students minimum special rates for non-profit agencies	N/A (Requires yoga equipment)	\$10 per person
Gentle Yoga - Series of 8 Classes Same as above but series of 8 classes allows students to make progress toward goals. 8 classes/8 students minimum	N/A (Requires yoga equipment)	\$75 per person
More classes are available. See http://www.yogaeast.org/corporate_yoga.htm for information.		

Phone Laura Spaulding at 502-585-9642 to set up your Yoga East classes.

Yoga East, Inc.

Important Medical Information and Waiver and Release of Liability

If you have not exercised recently, are under medical care, are being treated for bi-polar disorder or depression, have ever had detached retina, are pregnant, have swollen joints or any kind of active pain, you should consult your medical professional before beginning this or any new exercise program. Some yoga postures may not be advisable if you have or are at risk for these conditions: pregnancy, menstruation, heart disease, stroke, high blood pressure, diabetes, glaucoma, detached retina, hernia including hiatal hernia, back pain, degenerative disc disease, spinal fusion or appliance, spondylolysis, spondylolisthesis, carpal tunnel syndrome, arthritis, recent surgery, fractures, osteoporosis, sprains or strains. Yoga is not a substitute for medical care. If you are not sure of your ability to participate in a group class, you should consult your medical professional before enrolling in yoga classes.

1. In consideration of being allowed to participate in Yoga East, Inc. classes, programs, events and activities, I acknowledge, understand and agree that I am participating in activities that involve a significant risk of bodily injury, including permanent disability or death, and that such injuries can occur from my own actions or inactions or negligence as well as the actions or inactions and negligence of others. I knowingly and freely assume all risks, both known and unknown, and assume full responsibility for my participation including responsibility for any economic losses, medical or other expenses following such injury, disability or death.

2. I agree to comply with all written or verbal instructions from staff, instructors and officials, as well as to observe customary terms and conditions for participation, and if I observe any unusual significant hazard during my participation, I agree to remove myself from participation and to promptly notify the nearest staff, instructor or official immediately.

3. I for myself, and on behalf of my heirs, assigns, personal representatives and next of kin hereby release, hold harmless, and covenant not to sue Yoga East, Inc., its officers, directors, officials, instructors, agents, employees, sponsors, owners and lessors of premises used to conduct events and activities, all of which are hereinafter referred to as the Releasees, from any and all liability for any injury, disability, death, mental or physical pain and suffering or other loss or damage to person or property whether arising from the negligence of the Releasees or otherwise to the fullest extent permitted by law. This waiver may not be modified in any way, and if any part of this waiver is deemed to be unenforceable, all other parts shall remain valid and enforceable.

I HAVE READ THIS IMPORTANT MEDICAL INFORMATION AND WAIVER AND RELEASE OF LIABILITY, I UNDERSTAND THAT BY SIGNING THIS RELEASE I AM GIVING UP SUBSTANTIAL RIGHTS, AND I SIGN IT VOLUNTARILY.

Signature _____ **Date** _____

Name _____ **DOB:** _____

Address _____

City _____ State _____ Zip _____

Phone: _____ Email: _____