

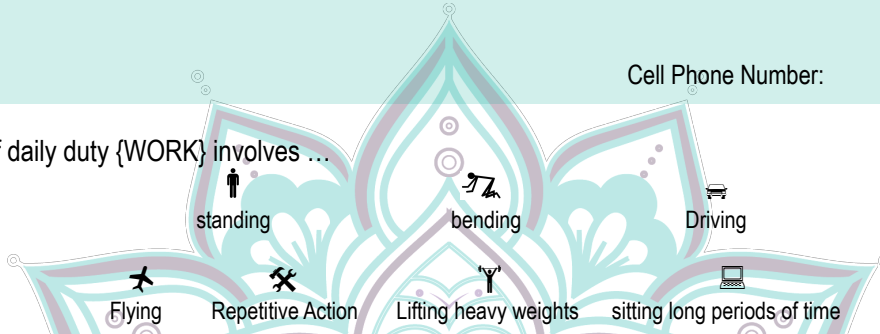
# Bohemian Bliss Yoga

## Waiver

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Yogi Name {NICKNAME}: \_\_\_\_\_  
 Instagram Name: \_\_\_\_\_ First Breath {DATE OF BIRTH}: \_\_\_\_\_  
 Facebook Name: \_\_\_\_\_  
 {If you DO NOT want to be tagged in pictures please check this box }.

Address: \_\_\_\_\_  
 Email: \_\_\_\_\_ Cell Phone Number: \_\_\_\_\_

1. My choice of daily duty {WORK} involves ...



2. This is my \_\_\_\_\_ (1<sup>st</sup> – 100<sup>th</sup>) time practicing yoga. I chose to practice yoga because \_\_\_\_\_

3. Please list any past or present health problems you are suffering from that may affect your mobility to exercise \_\_\_\_\_

{if answering to this question it is strongly advised you consult a medical practitioner before practicing yoga}.

4. I heard about *Bohemian Bliss Yoga* by \_\_\_\_\_

{asanas}

I PROMISE As a Yogi, \_\_\_\_\_ {PRINT NAME} I understand that LISTENING to my body is a very important part of yoga and that pushing myself too far can be dangerous, cause accidents, serious injury and lead to death. I accept full responsibility for my well-being and agree not to hold *Bohemian Bliss Yoga* or the instructor responsible. I will inform my teacher if I at anytime feel pain or discomfort. I understand that the instructor is not able to provide me with medical advice however this information is used as a guideline to the limitations of my ability to exercise. I understand that yoga practice involves hands-on corrections and hereby consent the teacher to work in this way. I will remember to let my prana {breath} guide me and smile as often as possible.

I promise to follow the **Yogic ETHICS** and morals to the best of my ability throughout my daily life:

### {Yamas}

- {Ahimsa} Non violence
- {Satya} Thoughtfulness
- {Asteya} Non stealing
- {Brahmacharya} Abstinence
- {Aparigraha} Non possessive

### {Niyamas}

- {Shaucha} Purification
- {Samtoshha} Contentment
- {Tapas} Asceticism
- {Svadhya} Self-Study
- {Ishvara Pranidhana} Devotion

*During 30 min hike in Yoga in the Woods, Bohemian Bliss Yoga is not liable for accident, serious injury or death.*

I promise to let my yoga practice lead me in whichever way it is desired to be. Yoga is what I, \_\_\_\_\_ {PRINT NAME} make it!

Any representation of You {SIGNATURE}

The Present Moment {DATE}

Emergency Contact Name

Emergency Contact Number

