

Today's Date: _____ **Teacher:** _____ **Ever been a student at GBY before?** **Yes No**

My signature below indicates I understand that this class includes physical movements. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I affirm that I alone am responsible to decide whether to practice yoga or any class at GBY. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Sandy Hicks, Wendy Stoddard, Grounded By Yoga Studios & Yoga Teacher Training Center LLC (GBY) or any other instructor at GBY. My email is provided below as consent to receive studio news & updates once per month. Listing my email approves GBY to send monthly newsletter and account information.

Signed: _____

Name: (first) _____ (last) _____ Email _____

Exp Level: Are you aware of Ujjayi? Principals of Alignment? Bandhas? **YES NO**

Address (street) _____ (town) _____ (zip) _____

Date of Birth _____ **Phone:** _____ How did you hear about us? _____

What do you hope to **receive** from yoga? _____

Where have you practiced previously? (DVDs, studios, etc) _____

Concerns? (can't be on knees, recent surgeries, pregnant, HBP, joint replacement, etc)

Your instructor is trained to lightly assist you with various hands on approaches. This is a very gentle touch. Is it ok if your instructor provides assists? **YES NO** (you can let your teacher know if anytime you change your mind)

*We work hard to provide the best experience for our students. We would enjoy reaching out with a BREIF follow-up email hearing about your experience, opinion and any feedback in general. Yoga can be quite diverse and this will help us, help you! Would you be interested in receiving this email? **Yes No***

What are you purchasing today?

____ Drop In \$14

____ 10 Classes for \$100 (90 Days Expiry)

____ 3 Months Unlimited \$285

____ \$85 Month Auto Pay Unlimited (6 month Min)

Other: _____

(Note: \$50 Minimum for credit card purchases preferred. We can no longer accept Discover or Am Ex)



**TEACHER
TRAINING**



**YOGA
RETREATS**



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WELLNESS**

Earn **\$25 on your account** for referring someone and they commit to a 10 pack, 3 month or 6 month program!