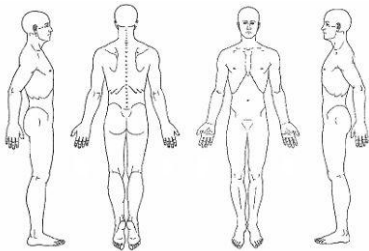


YOGA INFORMED CONSENT FORM

FIRST: _____ MIDDLE: _____ LAST: _____
BIRTHDATE: ____/____/____ FEMALE ____ MALE
PHONE: _____ PHONE: _____
STREET: _____ CITY: _____ STATE: _____ ZIP: _____
EMAIL: _____
EMERGENCY CONTACT: _____ PHONE: _____
HOW DID YOU HEAR ABOUT US? _____ REFERRED BY? _____
OCCUPATION: _____ HOBBIES: _____
HOW WOULD YOU RATE YOUR OVERALL HEALTH? __EXCELLENT__ __VERY GOOD__ __GOOD__ __FAIR__ __POOR__
HAVE YOU DONE PREVIOUS YOGA? __NO__ __YES: RESULTS: __EXCELLENT__ __GOOD__ __FAIR__ __POOR__
WHAT IS YOUR GOAL/CONCERN FOR YOGA? _____
HERE IS A LIST OF THINGS YOGA CAN HELP WITH. PLEASE CIRCLE THE ONES THAT APPLY TO YOU:
EXPERIENCE WELL-BEING HELP REVERSE HEART DISEASE LOWER HEART RATE AND BLOOD PRESSURE
REDUCE STRESS AND ANXIETY REDUCE MUSCLE SORENESS AND TENSION IMPROVE CIRCULATION
IMPROVE IMMUNE FUNCTION IMPROVE MOOD REDUCE PAIN SLEEP BETTER INCREASE RELAXATION
IMPROVE FLEXIBILITY AND RANGE OF MOTION BUILD STRENGTH
ARE YOU SENSITIVE TO TOUCH OR PRESSURE IN ANY AREA? __NO__ __YES: _____
DO YOU EXPERIENCE ANY DIFFICULTY LYING EITHER ON YOUR FRONT OR YOUR BACK? __YES FRONT__ __YES BACK__
ARE THERE CERTAIN STANDING OR SITTING POSITIONS YOU NEED TO AVOID OR THAT ARE PAINFUL OR
UNCOMFORTABLE? __NO__ __YES: _____
HAVE YOU LOST THE ABILITY TO DO SOMETHING YOU WOULD LIKE TO REGAIN? __NO__ __YES: _____
IS THERE ANY AREA WHERE YOU SEEM TO HOLD A LOT OF TENSION? _____
HAVE YOU EVER BEEN HOSPITALIZED? __NO__ __YES: _____
HAVE YOU HAD SIGNIFICANT FRACTURES, FALLS, AUTO ACCIDENTS, ETC.? __NO__ __YES: _____
ARE YOU UNDER THE CARE OF A PHYSICIAN FOR ANY CONDITIONS? __NO__ __YES: _____
LIST ALL PRESCRIPTION MEDICATIONS YOU ARE CURRENTLY TAKING AND FOR WHAT CONDITION: _____

INDICATE ON THE DRAWINGS BELOW WHERE YOU HAVE PAIN/SYMPTOMS.



USING A SCALE FROM 1-10 (10 BEING THE WORST), HOW WOULD YOU RATE YOUR PROBLEM?

0 1 2 3 4 5 6 7 8 9 10

IF YOU HAVE PAIN(S), HOW OFTEN DO YOU EXPERIENCE YOUR PAIN SYMPTOMS?

__CONSTANTLY (76-100% OF THE TIME) __FREQUENTLY (51-75% OF THE TIME)

__OCCASIONALLY (26-50% OF THE TIME) __INTERMITTENTLY (1-25% OF THE TIME)

HOW WOULD YOU DESCRIBE THE TYPE OF PAIN? _____

__SHOOTING __NUMB __DULL __TINGLY __SHARP WITH MOTION

__ACHY __STIFF __DIFFUSE __SHARP __BURNING

__STIFF __STABBING WITH MOTION __SHOOTING WITH MOTION __ELECTRIC LIKE WITH MOTION

HOW ARE YOUR SYMPTOMS? __GETTING WORSE __STAYING THE SAME __GETTING BETTER

DOES PAIN INTERFERE WORK? __NOT AT ALL __A LITTLE BIT __MODERATELY __QUITE A BIT __EXTREMELY

DOES PAIN INTERFERE WITH ACTIVITIES? __NO __LITTLE BIT __MODERATELY __QUITE __EXTREMELY

DO YOU CONSIDER THIS PROBLEM TO BE SEVERE? __YES __YES, AT TIMES __NO

HOW LONG HAVE YOU HAD THIS PROBLEM? _____

HOW DO YOU THINK YOUR PROBLEM BEGAN? _____

WHAT AGGRAVATES YOUR PROBLEM? _____

WHAT HELPS YOUR PROBLEM? _____

	YES PAST	NOW	NO		YES PAST	NOW	NO
Pregnancy	___	___	___	Anemia	___	___	___
Headaches	___	___	___	Raynaud's	___	___	___
Neck Pain	___	___	___	Easy Bruising	___	___	___
Whiplash	___	___	___	Angina	___	___	___
Upper Back Pain	___	___	___	Kidney Stones	___	___	___
Mid Back Pain	___	___	___	Kidney Disorders	___	___	___
Low Back Pain	___	___	___	Bladder Infection	___	___	___
Herniated Disc	___	___	___	Painful Urination	___	___	___
Shoulder Pain	___	___	___	Loss of Bladder	___	___	___
Elbow/Upper Arm Pain	___	___	___	Frequent Urination	___	___	___
Wrist Pain	___	___	___	Abdominal Pain	___	___	___
Hand Pain	___	___	___	Irritable Bowel Syndrome	___	___	___
Hip Pain	___	___	___	Abnormal Weight Gain	___	___	___
Upper Leg pain	___	___	___	Abnormal Weight Loss	___	___	___
Knee Pain	___	___	___	Loss of Appetite	___	___	___
Ankle/Foot Pain	___	___	___	Crohn's	___	___	___
Jaw Pain	___	___	___	Hernia	___	___	___
Whiplash	___	___	___	Ulcer	___	___	___
Joint Pain/Stiffness	___	___	___	Hepatitis	___	___	___
Arthritis	___	___	___	Liver/Gall Bladder Disorder	___	___	___
ALS	___	___	___	General Fatigue	___	___	___
Parkinson's	___	___	___	High Stress/Anxiety	___	___	___
Multiple Sclerosis	___	___	___	Panic Attacks	___	___	___
Neuritis/Neuralgia	___	___	___	Fibromyalgia	___	___	___
Fibrositis	___	___	___	Hypothyroidism	___	___	___
Rheumatoid Arthritis	___	___	___	Hyperthyroidism	___	___	___
Cancer	___	___	___	Endocrine Disorders	___	___	___
Auto Immune Disease	___	___	___	Muscular Incoordination	___	___	___
Osteoporosis	___	___	___	Visual Disturbances	___	___	___
Orthopedic Pins/Plates	___	___	___	Dizziness	___	___	___
Tumor, Cysts, Lipomas	___	___	___	Diabetes	___	___	___
Asthma/Breathing Problems	___	___	___	Excessive Thirst	___	___	___
Pneumonia	___	___	___	Poor Sleep / Insomnia	___	___	___
Chronic Sinusitis	___	___	___	Tinnitus, Ear Ringing	___	___	___
Heart Problems	___	___	___	Prostate Problems	___	___	___
High Blood Pressure	___	___	___	Smoking / Tobacco Use	___	___	___
Low Blood Pressure	___	___	___	Drug / Alcohol Dependence	___	___	___
Heart Attack	___	___	___	Allergies	___	___	___
Chest Pains	___	___	___	Depression	___	___	___
Stroke	___	___	___	Grieving	___	___	___
Peripheral Artery Disease	___	___	___	Systemic Lupus	___	___	___
Blood Clots, Phlebotihs	___	___	___	Epilepsy	___	___	___
Hemophilia	___	___	___	Dermatitis/Eczema/Rash	___	___	___
Varicose/Spider Veins	___	___	___	HIV/AIDS	___	___	___
Bad Circulation	___	___	___	Rash	___	___	___
Gout	___	___	___	Osteoarthritis	___	___	___
Pregnant	___	___	___	Other Conditions:	___	___	___

I, _____ (PRINT STUDENT'S FIRST AND LAST NAME) UNDERSTAND THAT YOGA INCLUDES PHYSICAL MOVEMENTS AS WELL AS AN OPPORTUNITY FOR RELAXATION, STRESS RE-EDUCATION AND RELIEF OF MUSCULAR TENSION. AS IN 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 HAVE STATED ALL KNOWN MEDICAL CONDITIONS AND WILL UPDATE THE THERAPIST ON MY PHYSICAL HEALTH.

I HEREBY AGREE THAT I WILL BE 100% RESPONSIBLE FOR ANY COST INCURRED FOR MEDICAL ATTENTION AS A RESULT OF MY PARTICIPATION IN YOGA CLASS, TAKING FULL RESPONSIBILITY FOR OVER EXERTION, ACCIDENTS AND ALL INCIDENTS AND RELEASE THE FACILITY AND INSTRUCTOR, SHAMANI LANGILLE, AS OF THIS DATE AS SIGNED BELOW.

CLIENT SIGNATURE

DATE

CONSENT TO TREATMENT OF MINOR: I HEREBY AUTHORIZE YOGA FOR MY CHILD.

SIGNATURE OF PARENT OR GUARDIAN

DATE