



Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

**How did you hear about Inner Balance? (Circle one)**

Outdoor Signage   Friend/Family   Teacher Referral   Biscayne Times   Hometown Magazine

Google Search   Other: \_\_\_\_\_

**How would you classify your current level of physical activity?**

*(Circle one) sedentary - lightly active - moderately activity - very active*

**Are you currently practicing Yoga, Pilates or Barre?**

(Circle one) **Yes No** Please describe: \_\_\_\_\_

**Are you affected by any of the following?**

\*Heart problems of any type? **Yes No**

\* Muscle pain or Injury? **Yes No**

\* High/Low Blood Pressure? **Yes No**

\* Pre/Post- Natal? **Yes No**

\* Glaucoma? **Yes No**

\* Recent Surgery? **Yes No**

\* Arthritis or bone/joint condition? **Yes No**

\* Other disease or health condition? **Yes No**

If yes to any of the above, please describe:

\_\_\_\_\_

**RELEASE & WAIVER OF LIABILITY**

The information I have provided above is complete and accurate. I understand that I am participating in physical exercise classes, health sessions or workshops offered by Inner Balance, during which I will receive instruction about physical exercise, health and wellness. I recognize these programs may require physical exertion that can be strenuous. I am fully aware of the risks involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in physical exercise classes, health sessions or workshops. I represent and warrant that I am physically fit and have no medical conditions that would prevent me from participation in these programs. I assume full responsibility for any injuries or damages, known or unknown, which I might incur as a result of participating in physical exercise classes, health sessions or workshops. I knowingly, voluntarily, and expressly, waive any claim I may have against Inner Balance and Nell Amos or any other teacher for injury or damages that I may sustain as a result of participating in physical exercise classes, health sessions or workshops. I understand that Inner Balance is not responsible or liable for lost, stolen or damaged property. I am advised not to bring valuables into the studio.

**I acknowledge that I have read this waiver of liability and release carefully and fully understand its contents.**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **Inner Balance Guidelines for Practice**

### **When to Arrive**

Students are encouraged to arrive 10-15 minutes prior to the start of class to allow plenty of time to check-in and prepare yourself for class. Classes close 10 minutes after the start time. Out of respect for the teacher, other students and your own safety, students will not be permitted into class after this time.

### **What to Wear**

Please wear comfortable and appropriate attire. Most students will find leggings, bike shorts and a fitted top or t-shirt work the best. All classes are done in bare feet, socks with grips or studio shoes. Refrain from wearing perfume, cologne or scented oils during class, as some people do have allergies.

### **What to Bring**

We encourage students to bring their own mat to class as well as a reusable water bottle. All props are provided. Mats and hand towels are complimentary, if you did not bring your own.

## **Inner Balance Policies**

### **Age to Practice**

Pre-teens/Teens aged 12-14 are allowed to take classes with a parent present and parental consent. Teens aged 15-18 are allowed to take classes with parental consent.

### **Membership Policies**

Our membership requires a 3 month minimum commitment and utilizes monthly auto-renewal. After 3 months, the member will continue to be charged monthly unless the member cancels their membership in writing 30 days before the next billing cycle. Members can freeze their membership once a year for a maximum of 30 days, before the auto-renew starts again. Subsequent freezes will incur a \$30 charge. Couples membership requires members to live in the same residence.

### **Cancellation/No-Show/Late Arrival Policies**

We have a 24 hour cancellation policy for private appointments and a 4 hour cancellation policy for group classes. Please note that you will forfeit your session if you no-show or cancel after that time period. If you reserved a class online, your reservation will be held for you until the start of class only. If you are not at the studio at this time, you will risk losing your reservation as the space will open up to anyone who is waiting. There are no exceptions and we cannot hold your reservation if you are running late. Class packages have a 3-month expiration date. All memberships and class packages are non-refundable, extendable or transferable. Memberships and class packages can only be used for regular scheduled classes, excluding special workshops and events.

## **General Policies**

- Please bring your own mat for classes. If you do not have one, you may borrow one.
- Inner Balance is a cell phone free zone. Please silence phone, blackberry, etc. upon entering the studio.
- In order for us to preserve our floors, we ask that you take off shoes before entering the Mind Body room.
- Please wear socks with grips or studio shoes to barre classes.
- Roll your mat out quietly and please move your mat if needed when making room for more students in a crowded class.
- It is your responsibility to inform the instructor if you are pregnant or have any injuries before class starts.
- Please avoid leaving early. If you do need to leave early, please kindly let the teacher know before class and do so before savasana begins.
- Do not bring food or open containers in the yoga room. Please refrain from chewing gum during class.