

Living Yoga – New Student Registration Form

Contact Information – Email Requested for New Student Confirmation & Quarterly Email Newsletter

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Phone: (H) _____ (W) _____ (Cell) _____

Health & Medical Information

Date of Birth: _____ Please Circle: Female Male

If Female, are you pregnant? Please Circle: No – Yes...If yes, please provide due date: _____

Please list any injuries, surgeries, illnesses, ailments or medications, current or past, that the Yoga Teachers need to be aware of: _____

Have you ever practiced yoga before? If so, please describe when and what disciplines: _____

Personal Fitness/Health Goals(optional): _____

Studio Information (Please Initial)

_____ I acknowledge that I am to receive instructions on how to perform yoga postures; I agree to faithfully follow these instructions; I understand that any deviation by me from such instructions shall be at my own risk; I declare myself physically and mentally capable to participate in all yoga classes.

_____ I understand that all class packages or services are non-refundable and non-transferable; the studio does not offer refunds, transfers, credits or extensions on any class packages; All class packages have an expiration date printed on the receipt, can be viewed through our web site www.livingyogachanhassen.com/Schedule & Events/Classes Online, or by asking a Yoga Teacher.

_____ I agree to release Living Yoga Chanhassen & Collier Wellness Center LLC, it's owners, employees, agents and contractors, and will hold them harmless from any and all liability arising out of any personal injuries or damages, foreseeable or unforeseeable, which may occur as a result of my participation in any class or program sponsored by the studio. All Living Yoga Teachers are Certified Yoga Teachers and maintain personal liability insurance.

Signature: _____ **Date:** _____

10 Things Every Beginning Yoga Student Should Know

It doesn't matter how flexible or inflexible you are. Really. Being flexible won't make you happier. There's no prize. Stop suffering and learn to love the body you have!

Don't get hung up on how you look in a pose. Everyone else is focusing on their own pose. They don't care how you look (unless you are wearing a thong.) Let this be your first lesson in ego management.

It's OK if you don't know what the Sanskrit words mean. The only people in the yoga room that do are yoga teachers and big yoga dorks.

It's not religious - - unless you want it to be. Your practice should be unique to you. You are allowed to make it as spiritual, religious, fitness oriented (or not) as you want.

Yoga is an art form, a science, a lifestyle and a philosophy. But more than anything, it is a way to get to know yourself better. And that's something that benefits us all.

Everyone gets the left and right sides mixed up sometimes. Don't be embarrassed when this happens. If your teacher corrects you, just smile. There is a good chance that she will say "left" when she means "right" later in class.

It's cool to fall down. The first time I fell on my face attempting an arm balance I was mortified. Now, when I get a big red mark on my forehead from diving head first on to my mat, I consider it a badge of honor. It's how you learn. Laugh at yourself and move on!

No one cares if you can do a Handstand in the middle of the room, or touch your foot to the back of your head, or some other advanced pose. Just start where you are and your practice will build over time. You've got the rest of your life to master the poses -- for now, just breathe.

Your teacher wants you to ask for help. No one understands the temptation to hide in the back row and pretend to be invisible more than I do. But believe me yoga teachers LOVE to answer your questions. Your teacher really wants to help you with your pose, answer your question about philosophy or explain what that Sanskrit words means. So, if you don't understand what's going on, ask!

Keep coming back. When you are new to something there are moments of frustration and discomfort. Despite what you see on TV commercials, hatha yoga is usually not the same as going to the spa to get pampered. It's hard work. It can be exhausting – physically, mentally and emotionally. At times you will want to throw up your hands and quit (or at least curse out your teacher for making you hold the pose that you hate). Don't. This is where the healing happens. Breathe into it and come back tomorrow. **You will be glad that you did.**

Erica Rodefer, writer, editor and avid yogi living in South Carolina; Elephantjournal.com.