**Kasara consultation form**

It is important that we have a full understanding of any pre existing medical conditions, injuries or recent surgery. All information provided on this form will be treated as confidential.

Name………………………………………………………………………………………………………..

Address……………………………………………………………………………………………………..

…………………………………………………..Post Code………………………………………………

Phone Number………………………………….Date of Birth…………………………………………..

E Mail………………………………………………………………………………………………………..

Would you like to receive emails about up coming classes in future Y/N………………………….

Have you practised Yoga/Pilates before?………………………………………………………………………..

How did you hear about this session?……………………………………………………………………..

What do you hope to gain from practising with Kasara? Mindfulness? Flexibility? Mobility? Strength?

Or anything else?…………………………………………………………………………………………..

Emergency Contact Name .………………………………………………………………………………

Number……………………………………………………………………………………………………..

Relationship to you………………………………………………………………………………………..

Do you have any medical conditions?…………………………………………………………………..

……………………………………………………………………………………………………………….

Do you have any injuries?…………………………………………………………………………………

……………………………………………………………………………………………………………….

RELEASE AND WAIVER OF LIABILITY

The practice of Yoga + Pilates involves physical activity, breathing exercises, and

some meditation. As with all physical activity, the risk of injury is always present and cannot be entirely eliminated. During class the instructor will provide verbal cues inviting you to move and breathe in a particular way, these cues are GUIDELINES ONLY.

The instructor is not a medical professional and cannot provide medical advice. All exercises are offered as general guidance.

**You should always work to your own ability and listen to your body.**

It is your responsibility to seek medical consent where necessary before beginning a Yoga or Pilates practise. It is also your responsibility to notify the instructor of any injury or ailment (recent or ongoing) prior to class. Yoga + Pilates at times can be challenging but never painful. If at anytime you feel something is unsafe for you or that you are unable to participate you should stop what you are doing and notify the instructor immediately.

By signing your name below you confirm that you acknowledge and agree to the terms in the above waiver of liability statement. You are aware of and assume the risks and hazards of participating in these classes and agree to assume full responsibility for any injuries and/or damages which you may incur as a result of your voluntary participation

**Student name ( capitals)…………………………………………………………………………………. Signature…………………………………………………………………………………………………….**

# **Information sheet**

We are so excited that you have chosen to join us. This information hopefully clears up any questions you might have. If we haven’t covered something that is on your mind please feel free to drop us a message at kasararetreats@gmail.com

**What to wear**

Something comfortable + warm (layers are best). Avoid loose clothing that may restrict your vision or be a trip hazard. Floors may be wooden so grippy socks are advisable.

**What to bring**

Bring your own mat + also anything that you might like to assist you, like a blanket if you have sensitive knees or a pillow if you like a little extra comfort.. anything goes. Feel free to bring a bottle of water if you like to have one nearby.

**How to prepare**

It is advisable not to eat a heavy meal before class. Drink plenty of water.

Please turn off any phones or electronic devises that buzz or ring.

**Punctuality**

Please arrive at least 5-10 mins before that start of class. To avoid disruption, late attendance is not permitted.

**Photography/Videography consent**

Classes may occasionally be photographed or recorded for promotional purposes. Please inform us if you do not wish to appear in any media.

**Listen to your body**

We are guiding the sessions however we encourage you to always listen to your body and only do what feels good in your body. Exercise + movement can at times be challenging but never painful. If something feels painful stop doing it immediately and either modify or let us know so that we can give you modifications.

**Covid-19/Illness Disclaimer**

Please do not attend class if you are feeling unwell, have a fever, or have been advised to isolate

**Pregnancy Clause**

If you are pregnant or postpartum, please consult your healthcare provider before attending and inform the instructor of your status.

**Property Disclaimer**

We are not responsible for the loss or damage of personal property during class.

**Data Protection Statement**

Your personal information will be used solely for class administration and communication purposes and will not be shared with third parties without consent.

**Bookings and cancellations**

If you booked a class that you can no longer attend please let us know by sending me a message. No refunds are available.

And last but not least, we can’t wait to move with you and we will see you on your mat

Kat + Sarah xx