



REGISTRATION FORM

Skills in Slow WorkShop
Tracy Jemmott and Dr Vanessa Spiller



Personal Details

Name		Date of birth	
Email		Email Opt Out	<input type="checkbox"/>
Mobile		Other Phones	
Address		Gender	M F Non-binary Other
Suburb		Post Code	
Occupation			
Emergency Contact	Name:	Relationship:	Phone:

Health Concerns

Do you have any injuries, illnesses, surgery, pre-existing medical conditions or are you pregnant or taking any prescription medication?

- No
- Yes - **Please specify:** _____

Please discuss your condition and any special requirements with your instructor before the class. You must be pain free throughout your Yoga class.

Yoga

Have you practiced Yoga before?

- No
- Yes - **For how long and what styles:** _____

How did you hear about the workshop? Please select:

- Signage Facebook Brochure/Flyer Website
- Friend Google Teacher Other

I would like to be contacted about future workshops: Yes No

Our Agreement

I understand that it is my responsibility to practice within my personal limits and to decide whether or not to follow the advice and guidance provided by Brisbane Yoga School, Tracy Jemmott and Vanessa Spiller. Yoga instruction is designed for those generally considered in good health. If you have any concerns as to whether yoga is an appropriate form of exercise for you, or if you are under the care of a physician, please speak to the instructor prior to the class. I agree and acknowledge that participation in any yoga exercises could constitute a risk of injury to myself including permanent paralysis or death. I voluntarily and knowingly recognise, accept and assume this risk and warrant that I am physically fit and able to perform the yoga exercises without risking serious injury or illness. I acknowledge that neither Brisbane Yoga School, Tracy Jemmott or Vanessa Spiller, shall be, nor deemed to be responsible or liable for any injury, illness or other mishap I sustain arising from or out of, or in any way directly or indirectly connected with the yoga and psycho-educational classes provided. I understand that Brisbane Yoga School, Tracy Jemmott and Vanessa Spiller are not liable for, nor expected to provide any advice, training or medical assistance other than in the form of the yoga exercises. I assure Brisbane Yoga School, Tracy Jemmott and Vanessa Spiller from and against all actions, suits, causes of action, proceedings, claims, costs and expenses whatsoever which maybe taken or made against Brisbane Yoga School, Tracy Jemmott and Vanessa Spiller in connection with or arising out of any injury, illness or mishap to me. I understand the Vanessa Spiller will provide only general psychologically informed information during this workshop. This information is general in nature. I understand that I am responsible for seeking my own individual, independent psychological advice and treatment as needed.

I have read and understand the above agreement.

Signature: _____ Date: _____

Parent/Guardian Signature (If under 18): _____ Date: _____