

## PRIVATE YOGA INTAKE FORM

### A. Personal:

Last: \_\_\_\_\_ First: \_\_\_\_\_  M  F Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Phone: ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_ Email: \_\_\_\_\_ I am a Mettler Center:  Member  Guest

### B. Fitness/Yoga Experience:

- How do you rate your current level of activity?  
 Less than 1 hour/week  1–3 hours/week  3–5 hours/week  5+ hours/week
- How often do you practice yoga?  
 Never  Rarely  A few times a month  1–2x Week  3–4x Week  Daily
- What types of yoga have you experienced: (Check all that apply.)  
 None, new to yoga  Not sure  Alignment-based  Ashtanga  Gentle  Hatha  Iyengar  Hot/Bikram  Kundalini  
 Power  Restorative  Vinyasa Flow  Yin  Other \_\_\_\_\_

### C. Goals:

- What are your goals/expectations for practicing yoga? What benefits are you looking for? (Check all that apply.)  
 Curious to learn more  
 Relaxation, stress management/relief  
 Overall fitness (e.g., strength, flexibility, balance, weight loss)  
 Improve sport performance  
 Injury/medical support  
 Spiritual growth/wellbeing  
 Other \_\_\_\_\_
- What are your goals of getting private yoga lessons? (Check all that apply.)  
 Get started in yoga  
 Refine/deepen current practice  
 Focus on personal interests, goals, skills  
 Address injury or therapeutic concerns  
 Provide consistency/accountability  
 Develop a personalized home routine  
 Other \_\_\_\_\_
- Please state any conditions, limitations, discomforts, etc. \_\_\_\_\_

#### Please read the following and sign below:

We are delighted to have you as a yoga student at Mettler Center. The following information will help you get the most out of your yoga classes and clarify our instructor/student relationship.

We believe that yoga is more than physical exercise. It is a transformative practice that integrates body, mind and emotional tensions to arrive at deeper levels of relaxation and awareness. All exercise programs involve a risk of injury. By choosing to participate in yoga lessons/classes, you voluntarily assume a certain risk of injury.

Awareness is fundamental to the practice of yoga. By attending this session, I affirm that I am solely responsible for my health and well-being, as well as my decision to practice yoga, a program of physical exercise. I agree to inform my yoga instructor of any activities or movements, which I feel could cause injury to myself. I understand that yoga is not recommended and is not safe under certain medical conditions. I do not have any physical conditions or disability that would limit my participation or preclude an exercise program. Mettler Center and the instructors shall not be held liable for any injury, loss or damage to property and/or persons sustained during or as a result of participation in this session. I agree to listen to my body and monitor myself during every lesson/class.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Signature of parent or guardian if under 18 years old)