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Virtual Yoga Classes

Evolved Being LLC

General Client Information

For all first-time clients, please fill out to the best of your

knowledge.

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

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

May we add you to our email list: YES NO

Emergency Contact information:

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

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any physical limitations or are you taking any medications that we need to know about?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why have you decided to practice yoga and what are you wanting to gain from your practice?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Agreement of Release and Waiver of Liability

Evolved Being LLC Virtual Yoga Classes

It is my responsibility to inform Evolved Being LLC of limitations, illness or conditions

before sessions begin.

Please read the following and ask if you have any questions.

I understand that yoga includes physical movements as well as an opportunity for relaxation,

stress re-education and relief of muscular tension. As is the case with any physical activity,

the risk of injury, even serious or disabling, is always present and cannot be entirely

eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the

activity, and take a moment to assess if I can go on or not. I assume full responsibility for any and all damages, which may incur through participation.

I understand that yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk.

I understand that in participating in virtual yoga classes that I am solely held responsible for my own understanding and level of practice. I will practice with mindfulness and make adjustments as needed in order to work at my own level of comfort. I know that yoga is not a competition and that everybody is different. By signing this I also intend to treat my body and mind with the utmost care and work at my level of practice.

I understand that virtual classes are done through zoom and I am responsible for my own space being safe and conducive to a physical practice. I will make sure to have a soft surface to practice on like a mat or padding to protect my body.

I hereby agree to irrevocably release and waive any claims that I have now or may have

hereafter against Evolved Being LLC, Sheena Dressel, its owners, officers, employees, and

practitioners.

I have read and fully understand and agree to the above terms of this Agreement and Release

of Waiver of Liability. I am signing this agreement voluntarily and recognize that my

signature serves as complete and unconditional release of all liability.

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

Signatures: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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Evolved Being LLC Virtual Yoga Class information:

Virtual yoga classes are made to adapt to all levels, if you are looking for a more intimate or personalized practice, please contact me for a consultation and we can set you on a path for private instruction.

Virtual classes are meant to be used to usher in a personal practice as well as bring together community all over the world. Together we have the ability to practice on a large-scale from wherever we please. However, with technology, we must be patient.

For this practice, you will need to download zoom on your device as I will be sending you a link to connect. It is best if you practice aiming your camera with the device that you have to make sure that I will be able to see your entire body. Please arrive 5 minutes early to class if it is your first time so that we can make any adjustments necessary before starting class. I may make adjustments if need be to the group and I pay attention to how the class is receiving instruction. With that said, it is everyone’s responsibility to practice safely and with mindfulness. If something is painful, please take yourself out of the pose and reposition. There is a difference between pain and our edges, and I speak a lot about that. Working with our edges is about growth, pain and pressure is the opposite of growth. The quicker we understand that concept, the better we become at making the wisest choices for our own practice. That is about practicing mindfully.

I will be muting everyone when class starts to keep out unwanted noise, but I leave myself open for 10-15 minutes after class for questions and a general hangout for anyone wanting to chat and commune. If you have it in your practice to meditate, practice relaxation, or have somewhere to be after class, we understand that, just ending the session when class is over is totally perfect. I am always open for email correspondence and questions if need be!

There are a few other things that make the virtual experience a bit more comfortable, that I recommend you look into, once you decide that this is something you want to engage with regularly. A good pair of wireless headphones will create a more personalized experience and allow you to truly get into the practice. A device with a large screen, or an adapter to hook your computer to the television is so cool. It makes a difference to be able to see everyone bigger on the TV. A designated space, and this isn’t just for these classes, but for your own practice and sanity. Beginning to create a space to meditate, practice yoga and just sit with yourself is so good for your overall life. Once again, these aren’t necessary, but they are luxury pieces that will aide in your development of the virtual experience and ultimately your self-care regime.

I look so forward to seeing you in the virtual space!

So much peace and love,

Evolved Being Creatrix,

Sheena Dressel

Evolved Being LLC