



EVOJVED BEING

General Client Information

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

Name:

Date of Birth:

Date:

Phone:

Email:

Emergency Contact:

Name:

Phone:

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

Agreement of Release and Waiver of Liability

It is your 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 ask for support from the instructor. I assume full responsibility for any and all damages, which may incur through participation.

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 Intuitive Guidance and Mindset Mentoring is different for each person, and is not meant to fix, treat or diagnose any underlying mental, physical or spiritual conditions. Evolved Being LLC offers coaching and assistance through meditation, goal setting and tools to achieve a positive mindset. Mentoring includes specialized self talk, affirmations, and intention setting.

Mentoring and Guidance is in no way a replacement for therapy or counseling, nor does it claim to treat any mental health disorders. It is your responsibility to disclose any mental health conditions. Evolved Being LLC is not responsible for any claims that would involve the business, or it's employees in the treatment or diagnosis of any underlying conditions of the client.

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:

Questionnaire for Evolved Being LLC Clients

This form is optional, however recommended. This will help me get to know you and aides in the consultation process.

Intuitive Guidance and Mindset Mentoring uses a holistic approach where we evaluate your physical, mental, and spiritual health in order to get you where you want to be. Each individual has their own idea of success, as we discover your current health in the below areas, we are able to explore your overall wellbeing. Please fill out to the best of your knowledge, what you feel comfortable sharing.

Please include a brief description of what you are looking for through Evolved Being LLC:

Are you taking any medications, or being treated for any physical or mental condition ?

What, if any, is your physical fitness regime like? Do you run, bike, do yoga, hike, take classes, lift weights, have a physical hobby, etc.?

What is your diet like? Do you have any certain dietary restrictions, allergies, diet tools, etc.?

What does your mental health routine look like? Do you journal, have a therapist, are you involved in a community, do you participate in volunteer work, how is your sleep patterns, etc.?

What does spirituality mean to you? Do you have any specific spiritual practices, do you consider yourself part of a religion, do you participate in worship of any style, do you meditate, how much time do you spend in nature, etc?

How would you consider your relationship health? Do you have and keep good relationships, are relationships challenging for you, are you looking to heal relationships, etc.?

Are you content with your financial situation and work/career life? Please elaborate to your level of comfort.

Thank you for your time in sharing, and I cannot wait to connect with you!

Evolved Being LLC Creatrix,

Sheena Dressel
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