

# Let's Have Fun!

## Registration

Class sizes are limited. Classes are filled on a first paid basis. Current registered students will be given first chance to renew for the next month. Classes are not transferable and not extendable. Class & monthly membership payments are due on the 1<sup>st</sup> of each month. Class times and/or instructors may change without notice. If participation of any class falls below standard, it will be canceled and all signed up will be notified before the first class of the month, refunds would be honored. Pending availability, missed classes can be made up and drop-ins are welcome at \$8.00 per class.

## Class Etiquette

**Equipment:** All of the necessary equipment that you will need is provided unless specified in the registration. If you use the studio equipment, please use provided wipes/spray to clean it after each use.

**Dress Comfortably:** Wear flexible clothing in which you can move and feel comfortable.

**Eat Lightly:** Try not to eat for a least two hours prior to your workout.

**Be on Time:** Please allow yourself a little extra time when you come to class so you don't feel rushed or interrupt the class in progress.

**Hydrate:** Drink plenty of water before and after class.

**Let go of Self-Judgment:** Everyone is different. Your goal is to show up and do your best. Don't compare yourself to others.

**Talk to Us!** In order to make this an enjoyable and safe experience, please let your instructor know of any health concerns or injuries that may affect your practice.

**Make this a Special Time:** Put aside worries, fears, responsibilities and troubles and work on staying in the moment.

**Cell Phones:** Please turn off phones and pagers while you are in the studio.

**Questions:** There are no silly questions, so please ask for clarification when needed.

## Disclaimer

I acknowledge that it is my duty to exercise ordinary care for the protection of others and myself while attending yoga class or other classes at Ynomrah Studios. I assume the risk of physical activity with my own physical condition. I have received advice from my doctor that I am capable of physical exercise such as provided by Ynomrah Studios, or I will seek such advice, or I will assume the risk of exercising without a doctor's examination. This form continues to be effective as long as I am taking classes at Ynomrah Studios or from its instructors in other locations.

I take complete responsibility for my presence at Ynomrah Studios and I will not hold any instructors or Ynomrah Studios responsible for any injuries or loss I may incur as a result of my participation in any yoga classes or other classes and for any time I am taking classes.

I hereby confirm that I have read and fully understand this release of liability and assumption of risk agreement, fully understand its terms, and sign it freely and voluntarily without inducement.

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

Parent's/guardian's signature if under 18: \_\_\_\_\_

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