

YOGA NORTH

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Registration Form

PLEASE PRINT

Name: _____

Address: _____

City: _____

Postal Code: _____

Primary Phone Number: _____

Mobile or Work Phone Number: _____

Email Address: _____

Emergency Contact Name: _____ Number: _____

Do you wish to receive EMAIL updates about Yoga North's schedules and activities?
(please circle one) YES NO

Do you grant Yoga North permission to post photos or videos (whether live or recorded) taken on behalf of Yoga North in which you may be present on our website or Facebook or on class videos available for on demand rental?
(please circle one) YES NO

Do you currently have any injuries, illnesses or conditions your teacher should know about? E.g., high blood pressure, pregnancy, joint problems, recent surgeries etc.

Which Class will you normally be attending? _____

How did you hear about Yoga North? _____

Regarding the use of personal information:

Yoga North is covered by The Personal Information Protection and Electronic Documents Act (PIPEDA) and complies with its requirements for the collection and use of personal information.

Waiver of Liability

Please read, and then sign below:

I understand that yoga classes and practicing yoga may involve inherent risks, including the risk of physical injury.

Iyengar Yoga is a method of teaching and learning classic yoga. Yoga North teachers are trained in this method. They will use verbal instruction, demonstration, and sometimes physical adjustments (either with a prop or hands-on) to teach the yoga poses. These methods of instruction are intended to help students learn safely, correctly and accurately.

In consideration of Yoga North accepting this registration, I release and hold Yoga North harmless from any claim, including a claim for damages, that arises out of an injury to me or damage to or loss of property (incurred at any time and place) while I am:

- practicing yoga;
- attending or participating in Yoga North classes or workshops, whether in-person or virtually (Zoom); and
- attending other events or meetings to which this registration applies.

This release is made for myself, for the executor or administrator of my estate, my heirs and assigns. This release applies even when injury, loss or damage has occurred because of negligence by Yoga North. In this release, the term "Yoga North" means Yoga North and includes any partner, employee, teacher, visiting teacher or agent of Yoga North.

When physical adjustments are used, teachers will normally ask for your consent for the type of adjustment they want to make. However, minor adjustments or touch may be used quickly or in passing to draw your attention to a specific area of action in a pose. This is intended to help you deepen your experience and learning. As a student, you will always have the option of declining a specific adjustment or adjustments in general – unless it is for your own safety and the teacher must act quickly. In some cases, if you decline a teacher's hands-on help, you will be asked to do an alternate pose for your own safety.

I agree that Yoga North has the discretion to cancel any scheduled activities or modify the structure of any activities due to a public health or safety issue. I agree that Yoga North may implement and enforce guidelines for participation that may include signing declarations of compliance or requiring that personal protective equipment be worn by me. Yoga North has the discretion to remove any participant who does not comply with compliance protocols or wear personal protective equipment. When required, the participant is responsible for providing their own personal protective equipment.

COVID-19 is a disease has been declared a worldwide pandemic by the World Health Organization and is extremely contagious. Yoga North has put in place preventative measures to reduce the spread of COVID-19 on-site; however, Yoga North cannot guarantee that you will not become infected with COVID-19 while at Yoga North's studio.

Yoga North may develop COVID-19 protocols with which all participants must comply in order to attend in-person classes. I agree that I will review any applicable COVID-19 protocols for in-person classes and, when applicable, respond to any COVID-19 questionnaire or compliance declaration provided to the me by Yoga North. Yoga North has the discretion to remove any Participant who does not comply with the COVID-19 protocols.

I have read this document carefully. I understand that signing this document may affect my legal rights, including the right to sue.

Signature of Registrant

Date: _____