

MUSEUM OF FINE ARTS ST. PETE

Yoga for All at the MFA

YOGA Instructor: Latreca Ali

Name: _____

Address: _____

City: _____ **Zip Code:** _____

Email: _____

Telephone: _____

EMERGENCY CONTACT AND TELEPHONE NUMBER: _____

Have you practiced yoga before? Yes / No If yes, for how long? _____

Are you currently experiencing any of the following conditions? *please check or circle*

Asthma Low Blood Pressure

High blood pressure Muscular Injury _____

Heart / Circulatory Problems Joint Injury (ankle, knee, hip, elbow, shoulder) _____

Neck / Back / Spine Injury Recent surgery _____

Dizzy spells / Fainting Specify: _____

Epilepsy / Seizures Other medical condition, injury or disability _____

Diabetes Specify: _____

Pregnancy

If you are currently taking medication or have any serious allergies that should be made known to medical personnel in case of an emergency, please indicate them here:

Waiver Section to be completed for all participants

Asana (yoga posture) means *posture easily held*. If at any time during the class, you feel discomfort or strain, gently come out of the posture. You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day. I, the undersigned, understand that Yoga is not a substitute for medical attention, examination, diagnosis or treatment. I should consult a physician prior to beginning any activity program, including yoga. I recognize that it is my responsibility to notify my teacher of any serious illness or injury before every yoga class. I will not perform any postures to the extent of strain or pain. I accept that neither the instructor, nor the Museum of Fine Arts, St. Petersburg is liable for any injury, or damages, to person or property, resulting from the taking of the class.

Participant or Parent/Guardian (Print)

Signature

Date

Would you like to be added to the MFA email newsletter? Yes / No

Recipients receive occasional emails detailing upcoming programming and events at the MFA.

Please note: all email addresses are confidential; We do not share or sell email addresses/ mailing lists.