



YOGA TO BEAT THE BLUES REGISTRATION FORM

Class fee is \$60 for the 4 week series April 20-May 11, 2018, payable in cash or check.

Please make checks out to **SIU Medicine**.

Please mail/drop off this completed Registration form and payment to:

Briana Manson SIU Department of Psychiatry, 319 E. Madison, 3rd Floor Administrative Offices.

We are not able to offer make-up classes or refunds for missed classes.

Please wear comfortable clothing and bring a yoga mat. No prior yoga experience is needed, but students must be able to get up and down from the floor. Classes will be held at the Simmons Cancer Institute, 3rd floor.

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

BEST TELEPHONE NUMBER TO REACH YOU: _____

E-MAIL (please print clearly): _____

YOUR YOGA, MEDITATION HISTORY, IF ANY: _____

ANY INJURIES, HEALTH CONCERNS: _____

WHAT DO YOU HOPE TO GET OUT OF THE CLASS? _____

HOW DID YOU HEAR ABOUT THIS CLASS? _____



RELEASE AND WAIVER OF LIABILITY AGREEMENT

This Release and Waiver of Liability Agreement is entered by and between Ruta Kulys (Instructor) and

(Print Your Name) _____ (Student).

This Release and Waiver of Liability Agreement is intended to be broad and inclusive and includes, but is not limited to, the following terms and conditions:

1. **STUDENT'S REPRESENTATIONS.** Student understands that the Instructor will share her knowledge of Yoga in the Yoga to Beat the Blues class. Student agrees to take full responsibility for not exceeding Student's personal limits in participating in the class. Student agrees to take full responsibility for any injury Student might suffer during Student's participation in the class or during Student's personal practice of Yoga at any time or any place. Student agrees to take full responsibility to ascertain that there is no medical reason to prevent Student's participation in the class.
2. **RELEASE OF LIABILITY AND HOLD HARMLESS.** Student understands that injury can occur as the result of participation in the class and the practice of Yoga. By participating in the Yoga to Beat the Blues class, Student assumes, accepts, and acknowledges all responsibility for any injury associated with Student's participation in the class and the practice of Yoga, and student agrees, to the fullest extent allowed by law, to release, and hold harmless, Instructor and all of Instructor's family members, agents, employees, shareholders, and representatives (the "Indemnified Parties"), to Student relating to Student's participation in the Yoga to Beat the Blues class of the Student's personal practice of Yoga, and Student agrees to indemnify the Indemnified Parties from any and all claims, demands, causes of action, liability and damages, including court costs and attorney's fees, resulting from any injury to Student relating to the Student's participation in the Yoga to Beat the Blues class. This assumption of risk and release of liability and indemnification shall apply even if Instructor's sole negligence is the cause of such injury.

The Student agrees to all terms and conditions as stated in the above Agreement.

Date

Signature