



BLUE LAUREL YOGA

Every day, more Americans are discovering the benefits of yoga for physical, emotional, and spiritual well-being. Experience the joys of yoga this fall, when Oxford's vibrant new Blue Laurel Yoga opens in the beautiful University Museum. Betsy Banner, Ann Fisher-Wirth, and Jennie Lee, Blue Laurel's co-owners and teachers, will lead the classes. Participants of all ages and all degrees of experience with yoga are heartily welcome. Wear loose-fitting clothing and bring a yoga mat if you have one; we will have some extras, as well. -

THERE WILL BE TWO WINTER YOGA WORKSHOPS:

BODY, BREATH, AND WORDS:

A WORKSHOP IN CREATIVE WRITING AND YOGA

SATURDAY, DECEMBER 10

1 P.M. – 4 P.M.

SHAKE THE HOLIDAY STRESS YOGA WORKSHOP

SATURDAY, DECEMBER 17

10 A.M. – 12 P.M.

Betsy, Ann, and Jennie are all certified through the 200-hour Hatha/Vinyasa Teacher Certification program at Southern Star Yoga Studio and are all registered yoga teachers (RYT) with Yoga Alliance.

Your name _____

How will we stay in touch with you? Select an option(s) that works for you:

By mail? Mailing Address _____

By phone? Phone Number(s) _____

By Email? Address _____

By providing your email address, you are agreeing to receive communication via email and be on our mailing list. Your email address will never be sold, given, or traded to anyone for any reason.



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Please tell us a little about yourself.

1. Have you practiced yoga before? Yes/No.

If so, could you describe your level of experience? Length of time/type of practice?

How old are you? _____ Male/Female (circle one)

2. What are your expectations and desires for this class?

3. Do you currently participate in a regular (2 - 3 times per week) exercise program such as walking, aerobics, water aerobics, jogging, tennis, golf? _____

3. Do you have any physical limitations that would be helpful for the instructors to know in helping your practice be more beneficial? _____

Do you have (please circle):

Hypertension/Hypotension Treated/Untreated

Heart Disease Treated/Untreated

Arthritis or discomfort in specific joints such as knees or shoulders

Diabetes Treated/Untreated

Glaucoma Treated/Untreated

Spinal Trouble Treated/Untreated _____

Surgeries _____

Recent injuries _____

Issues with balance

Other, please describe _____

If you do have physical limitations or a chronic medical condition, it is always advisable to check with your physician before starting a new exercise program.



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4. How did you find out about this yoga workshop? _____

Liability Waiver

Yoga is an individual experience. Participation in yoga class includes, but is not limited to: participation in meditation techniques, yogic breathing exercises (pranayama), and performing various yoga postures. Yoga postures, or asanas, are designed to exercise every part of the body—stretching and toning the muscles and joints, the spine, and the entire skeletal system. They also work on the internal organs, glands, and nerves. Yoga incorporates sustained stretching to strengthen muscles and increase flexibility.

My signature acknowledges that I understand that in yoga class I will progress at my own pace. If at any point I feel overexertion or fatigue, I will respect my body's limitations, and I will rest before continuing yoga practice.

By signing my name below, I acknowledge that participation in yoga classes through Blue Laurel Yoga exposes me to the possible risk of personal injury. I am fully aware of this risk and hereby release Blue Laurel Yoga and its instructors from any and all liability, negligence or other claims arising from or in any way connected to my participation in yoga class. My signature further acknowledges that I will not now or at any time in the future bring any legal action against Blue Laurel Yoga or its instructors; and that this waiver is binding on me, my heirs, my spouse, my children, my legal representatives, my successors and my assigns.

My signature verifies I am physically fit and a licensed medical doctor has verified my physical condition for this type of class. If I am pregnant, become pregnant, or am post-natal, my signature verifies that I am participating in yoga classes with my doctor's full approval. I realize that I am participating in yoga classes at my own risk.

My signature is binding in the liability waiver from this day forth.

Printed Name: _____

Signature: _____ Date: _____

Completing Your Registration

_____ Body, Breath, and Words: A Workshop in Creative Writing and Yoga: Saturday, December 10, 1 P.M.—4 P.M.

_____ Shake the Holiday Stress Yoga Workshop: Saturday, December 17, 10 A.M.—12 P.M.

Please bring these completed forms, along with cash or check (made payable to Blue Laurel Yoga) to the front desk at the University Museum at 412 University Avenue, Oxford, MS, to complete your registration. Class sizes will be limited, so please register early to guarantee your place. If you have questions, please feel free to call (662)236-5035 or email: gardenexplorer@gmail.com.
