



NEW CLIENT INFORMATION

All information is confidential and will be used only by Udana Yoga and Wellness.
Please print legibly and complete all fields.

Name (First, Last): _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email address*: _____

**E-mail is the only way (outside the studio and Facebook) that we alert you of schedule changes, holiday closings and new classes, workshops and events. Your address will not be sold or used for any other purpose but to confirm your appointments and/or keep you informed of Udana news.*

Phone (Mobile): _____ Phone (Home): _____

Phone (Work): _____ Birthday (mm/md/yy): _____

Emergency Contact: _____ Relationship: _____

Emergency Contact Phone: _____

Do you have any injuries, disabilities or conditions (including pregnancy) that in your judgment may limit (to any degree) your ability to participate in physical activities?

Yes

Please explain: _____

No

Do you have prior experience with yoga or other wellness services similar to those offered at Udana? Please explain: _____

What do you hope to achieve through your work with Udana Yoga and Wellness?

How did you find out about Udana Yoga and Wellness?

- Drive-by/saw the studio/live in neighborhood
- Referral by friend/family/acquaintance (Who? _____)
- Internet (Which site/search engine? _____)
- Other (Please specify: _____)

Policies

I have read and understand the Information and Policies outlined on the back of this form.

INITIAL HERE: _____

The information contained on this form is accurate and truthful to the best of my knowledge.

INITIAL HERE: _____

Policies

General Information

- Wear comfortable clothing.
- Please refrain from chewing gum or wearing perfume.
- Since the practice is physical, it is best to come to practice on an empty belly. Meals should be consumed at least 2 hours prior to class; snacks at least 1 hour.
- No food or open containers allowed in the classroom. You may bring a water bottle.
- We encourage students to bring their own mat; however, loaner mats are available at no charge. All other props are provided.
- A restroom is available and may be used as a changing space.

Studio Policies

- Please arrive 5-10 minutes prior to the start of class to allow plenty of time to check-in. First time students/clients should arrive 15 minutes early.
- New students and clients are required to sign a waiver prior to participating in their first session.
- Please silence all phones and other personal electronic devices before entering Udana.
- If you arrive late for a yoga class, please wait in the lobby for a minimum of 5 minutes while the instructor is centering the students. You may join the class after centering is complete. Out of respect for the participants and the instructor, it is recommended that you do not attend class if you will be late.
- Every student is required to sign in at the front desk.
- Remove shoes before entering the studio.
- Please keep conversation low when class is in session.
- At the close of class, please replace all props to the place and presentation you found them in.
- Wipe down studio mats before putting away.

Special Conditions & Injuries

- Anyone with serious medical conditions or injuries should consult a doctor prior to participating in yoga and/or other wellness services offered at Udana. Our classes and services offer a therapeutic experience and we encourage you to listen to your body, taking the appropriate modifications. If a pose or position hurts, do not do it. It is your responsibility to inform the instructor if you are pregnant or have any injuries prior to the start of class.

Young Student Policy

- Any student under 18 years of age must have a parent/guardian's signature on the waiver.
- Our classes are designed for students 16 years of age and older. Students 13 to 16 years of age may attend classes when a parent or guardian is present. Any exceptions to these policies must be addressed with management prior to class.
- Minors are not to sit in the reception area while the parent or guardian takes a class.

Privacy Policy

Your privacy is important to us. Any personal information you choose to give us will only be used to help us provide you with the highest quality services, products and support. We will never share your personal or financial information with any other party. We do not share bank or credit card information with any outside parties.

Cancellation Policy

In the event you must cancel a yoga class reservation or wellness appointment, you must notify Udana Yoga and Wellness either by email or phone (info@udanayogawellness.com or 414-215-0612) at least 12 hours prior to your appointment. All "no show" appointments will be charged the full amount of the service. All class packages and memberships are non-refundable and non-transferable unless determined by management. Classes, workshops, events and other wellness appointments could be occasionally canceled by the studio if there's insufficient interest, teacher/practitioner emergency or weather-related studio closures. If your event is cancelled, you will be notified as soon as possible and you will receive a full refund or full credit. Udana's Facebook page will also announce any cancellations.