



# Personal Information

for Private Yoga Classes with John Kepner

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|                 |             |
|-----------------|-------------|
| Name            | Age         |
| Address         | Zipcode     |
| Phone number(s) | Email       |
| Occupation      | Referred by |

General physical condition? (strength, flexibility, endurance, other)

Representative weekly exercise pattern?

Condition of your back? Any specific weaknesses or injuries?

Other muscular/skeletal injuries, concerns or weaknesses?

Breathing concerns or interests?

Other relevant health concerns/medical conditions/medications?

Previous yoga experience?

Purpose for Yoga practice? Priorities for Yoga practice?

## Cautions

Yoga, like any physical activity, is subject to risk of injury. It is important to pay attention to your own body and stay within your personal limits. This is especially important when lifting, stretching or twisting your back. Back exercises tend to have a time delay effect. If, at any time, a particular exercise feels too strenuous, reduce your intensity or stop completely. If it is painful, let me know. This is a sign of body wisdom, not weakness. You may challenge yourself, but do not strain yourself.

Your mindful attention to these matters is important. John Kepner can not be responsible for any injuries that might occur during or from yoga classes.

## Appointments

If you cannot make an appointment, please let me know as soon as possible. Students are responsible for payment for appointments missed or canceled less than 24 hours in advance.

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|--------|------|
| Signed | Date |
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