

Namaste! Please read, sign, and submit both pages of this form to Catherine Allen.

PRIVATE LESSON POLICY AGREEMENT

[Check each box to show that you have read and agree to each policy.]

- All private lessons must be prescheduled at least 3 days prior.
- Private lessons take place at Catherine's Yoga Place.
- For cancellations made less than 24 hours in advance, the full fee is due. Exceptions are made for clients who encounter unforeseen life-threatening medical emergencies and family deaths/funerals.
- All private lessons are **60-75 minutes in length**.
- Private lessons **expire after six months from the date of purchase**.
- Private lessons are **ineligible for refunds** and are eligible to be transferred to someone else.

PRIVATE LESSON PRICING AGREEMENT

LESSON PACKAGE	DESCRIPTION	FEE
1 PRIVATE LESSON	Private lesson at Catherine's Yoga Space (3 person maximum)	\$95
5 + PRIVATE LESSONS	5+ private lessons at Catherine's Yoga Space (3 person maximum)	\$90

*Catherine reserves the right to change her policies and pricing for private lessons at any given time, at which time clients will be asked to sign a new agreement form. (In the event of a change, the new policies and/or pricing for a package of lessons will not be implemented until all lessons in that package are taken.)

I, _____ (print name), agree to the above policies and pricing for private yoga lessons with Catherine Allen. I also understand that Catherine reserves the right to change her policies and pricing for private lessons at any given time.

Client Signature

Date

RELEASE AND WAIVER OF LIABILITY

I, _____ (print name), understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Catherine Allen.

Client Signature

Date

***Please sign and submit these forms to Catherine at your lesson or via postal mail.**