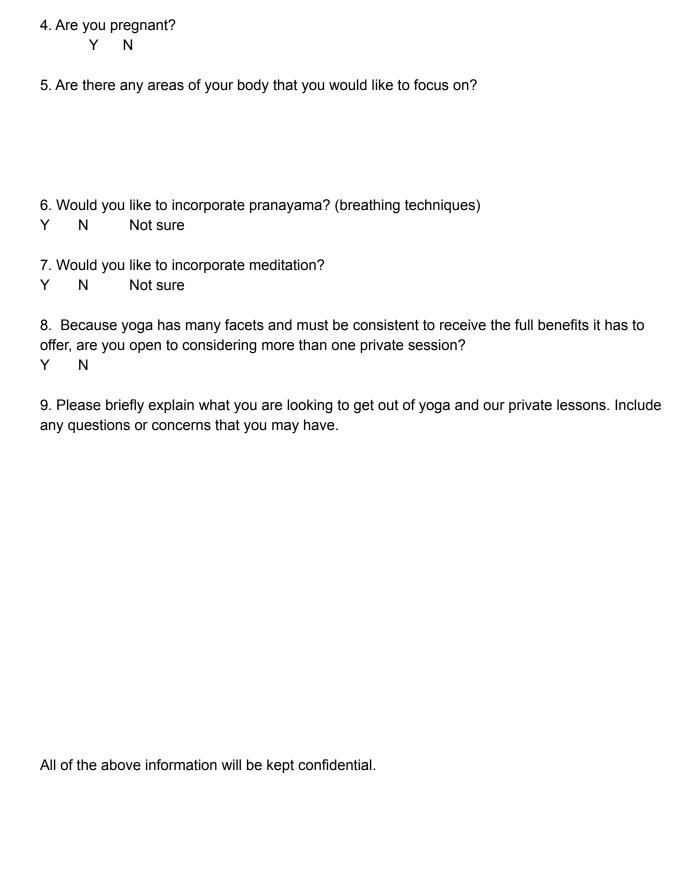
Yoga Private Session Questionnaire

Jamie Risner, RYT 320-318-7380 jrr.yoga@gmail.com jrryoga.com

Name	Pronouns:
Phone	_ Email
Date of Birth	
Address	
Emergency Contact	Phone
Preferred Method of Communication: pho	one email text
 Are you new to yoga? (either never practiced, or have practiced very little) Y 	
2. Do you have an existing yoga practice? Y N 2.1 How long have you practiced yoga?	
2.2 What styles of yoga do you practice?	
2.3 Do you have a meditation practice? Y N 2.4 How many days per week do you practice yoga?	

3. Please list any medical conditions or concerns that you may have.



Yoga Private Session Information and Waiver

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Pricing

60 minute session - \$70 (\$65 each for four sessions or more) 90 minute session - \$90 (\$85 each for four sessions or more)

Have a second person join you for your session/s for an additional \$10 per session. A great way to stay motivated and to split the cost of customized yoga.

\$10+ set up/travel fee outside 10 miles No fee when at JRRYoga Studio

If you are concerned about cost and are looking for a way to make private yoga lessons affordable to you, please contact Jamie (jrr.yoga@gmail.com). We may be able to work out a payment plan or there may be a scholarship available. Unless another price is discussed and agreed upon, the above prices will be used for your private session.

Private Sessions

For beginners or experienced students, private sessions offer more time and personal attention than is possible in a group class.

The session will include consultation and discussion to make sure you are getting everything you are looking for out of our time together. The session may include discussion, asana (yoga postures), guided meditation, breathing exercise, and hands on therapeutic adjustments as needed. When applicable you will receive a plan for continuing your practice, whether at home, in group classes, or between private sessions.

These private yoga sessions with Jamie are not meant to diagnose medical conditions or