

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: phone email text

1. Are you new to yoga? (either never practiced, or have practiced very little)

Y N

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.

4. Are you pregnant?

Y N

5. Are there any areas of your body that you would like to focus on?

6. Would you like to incorporate pranayama? (breathing techniques)

Y N Not sure

7. Would you like to incorporate meditation?

Y N Not sure

8. Because yoga has many facets and must be consistent to receive the full benefits it has to offer, are you open to considering more than one private session?

Y N

9. Please briefly explain what you are looking to get out of yoga and our private lessons. Include any questions or concerns that you may have.

All of the above information will be kept confidential.

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 replace professional health care. If you have medical concerns, please consult with a medical professional before beginning a new yoga practice.

I, _____, release Jamie Risner, JRRYoga, and any of her teachers, assistants, or affiliates and will hold them harmless from any and all liability arising out of any personal injuries or damages, foreseeable or unforeseeable, which may occur as a result of my participation in any class or program or activity sponsored by JRRYoga and/or Jamie Risner. I hereby declare myself physically and mentally sound and capable of participation in those activities, programs, and classes.

Signature: _____

Date: _____