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 **TRI BEACH YOGA SERIES**

**BEGINNING MAY 5th on Tuesday & Thursday mornings! Series will be every Tuesday and Thursday morning for the month of May! Anyone can drop in or register for the entire series and save $$!**

**3 components of our tri beach yoga series: (You do not have to be present for all 3)**

* **6:10-6:30am Sun Rise Meditation (Come earlier if you like this is a self-guided meditation time).**
* **6:30-7:15am Beach Yoga ( This will be an all level yoga class)**
* **7:15-7:40am Beach Walk/Jog (We love a little movement, at your own pace, walk, jog, run whatever makes you feel good)**
* **We will meet at Bonnet Street Beach Access in Nags Head across from The Studio, MP 11.5!  If RAIN or bad weather we will meet at The Studio! PLEASE INCLUDE EMAIL FOR WEATHER CANCELLATIONS! WE WILL ALSO POST ON FACEBOOK!  Arrive at 6:10AM for meditation or 6:30AM for yoga! Stay until 7:15AM or 7:40AM for the entire class!  Register for the monthly series and SAVE!  Classes to drop in are the regular $15 fee or for the entire MONTH- $80 for the series of 8 classes in May! Please complete the form and pay on-line or in The Studio.**

**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Last) (First)

**Address** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 ( Street) (City) (Zip Code)

 **E-mail Address**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Phone**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Emergency Contact**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Waiver:**

By signing below I hereby agree to the following:

1. That I am participating in the Yoga Class/Workshop, offered by The Studio, during which I will receive information and instruction about yoga and health. I recognize that yoga may require some physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Yoga Class or Workshop. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in the Yoga Class/Workshop.

3. In consideration of being permitted to participate in the Yoga Class or Workshop, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

4. In further consideration of being permitted to participate in the Yoga Class/Workshop, I knowingly, voluntarily and expressly waive any claim I may have against The Studio, Outer Banks LLC/SMW LLC., its owners, instructors and class/workshop Sponsor, for any injury or damages that I may sustain as a result of participating in the program.

5. I, my heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

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 **(Printed Name) (Signature)**  **(Date)**

**PLEASE BRING A TOWEL OR YOGA MAT THAT YOU DO NOT MIND HAVING SAND IN IT FOREVER! DRESS IN LAYERS FOR ANY KIND OF OUTER BANKS WEATHER! BRING A WATER BOTTLE FOR HYDRATION!**