



lisa.ash.yoga

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Client Information

Client Name: _____

Phone: _____

E-mail: _____

DOB: _____

Emergency Contact: _____ Phone: _____

Emergency Contact Relationship: _____ EC E-mail: _____

Medications Currently Being Taken:

Prior Surgeries or Injuries: _____

If post-surgery, date cleared to participate in Yoga: _____

Additional Health Care Providers to Contact for Collaboration on Care:

Physical Therapist: _____

Chiropractor: _____

Acupuncturist: _____

Other: _____

Primary Intention:

“What do I want to gain from these yoga sessions? How do I want to be healed?”

Personal Strengths: (work ethic, attitude, physical strength, relational strengths, passion, etc.)

- 1.
- 2.
- 3.

Wellness Goals: (strength, flexibility, weight loss, happiness, increased energy, healing, etc.)

- 1.
- 2.
- 3.

Physical and Emotional Concerns: (family, work, sleep, pain, fatigue, etc.)

- 1.
- 2.
- 3.

How many hours of sleep do you typically get per night? _____

What would you describe as your greatest stressors?

What makes you feel most happy and whole?

Personal Yoga Client Policies

Personal Therapeutic Yoga Sessions:

In these sessions:

- We deepen your understanding of body mechanics, alleviate chronic pain, improve joint mobility and create a stronger mind-body connection.
- We examine your individual spinal imbalances, inefficient movement patterns or fascial health issues that contribute to recurring distress on your body.
- We then apply therapeutic modes of yoga poses, meditation, breathing techniques and myofascial release to heal the tissues.
- The primary aim is to move you toward optimal health in mind, body and spirit.

- **Price: \$125 a session**

- **New Clients must book a set of 3 sessions.**
 - The initial 75 minute session includes a 15 minute spinal structure and mobility assessment as well as time to talk about your unique goals and concerns. Subsequent sessions are 60 minutes in length.
 - After that, you may book follow up sessions at your convenience.

Beginning Basics Yoga.

In these sessions:

- We provide you with the basics: understanding of the core tenants of yoga, a preview into yoga poses modified for your body, breathing basics and the use of props that will be utilized in group classes.
- The goal is to prepare you to take a group class at Westport Yoga KC with confidence and ease.
- These sessions are 1 hour in length and are booked in sets of 3.

- **Price: \$75 a session**

- **New Clients must book a set of 3 sessions.**
 - Each session is 60 minutes in length.
 - After the original 3 sessions you may book follow up sessions at your convenience.

All Personal Session and Private Clients:

- All sessions expire 6 months from the time of original booking/payment.
- Client may provide payment in the form of cash, credit card or PayPal Account transfer.
- Client must pay for services rendered within 7 days of session. After 7 days, a \$5.00 late fee will be added to billable amount.

- PayPal transfers should be made to:

Lisa Ash Drackert
lisa@westportyogakc.com

1. Responsibilities of Client:

- Client will schedule 1 hour sessions at a time of day that is reasonable for both instructor and client.
- Client will complete a Client Information Form prior to the private yoga session.
- Client will arrive 5 minutes before their first session and wear comfortable clothing that is appropriate for yoga.

In the case of Cancellation:

- If Client contacts Instructor with more than 24 hours notice, then the session will be re-scheduled at a time convenient for Client and Instructor; not subject to additional fee.
- If Client cancels a session less than 24 hours before the session, then the client is **RESPONSIBLE FOR a \$25 Cancellation Fee. This is non-negotiable.**
- If Client does not show for a scheduled session (without prior notice given to the instructor) then the client is **STILL RESPONSIBLE FOR PAYMENT IN FULL.**

2. Responsibilities of Instructor

- Instructor will provide limited personal liability insurance.
- Instructor will communicate with the client to confirm Yoga Sessions via email, text, or phone.

In the case of Cancellation:

- Instructor may cancel session for any reason, within any time frame, and the session will be re-scheduled at a time convenient for Client and Instructor **without any fee.**

Please Sign and Date stating your understanding and compliance.

Signature: _____

Printed Name: _____ Date: _____

Client and Photographic Release Form

This is a legally binding document which affects your rights. Please read carefully before signing.

I do hereby waive, release and forever discharge Lisa Ash Drackert, Lisa Ash Yoga, LLC or any other instructor/ assistant and others involved in yoga class or private client consultations from any and all responsibilities or liability from injuries or damages resulting in any way from participation in any activities. I also hereby waive, release and forever discharge the site in which yoga classes are held from any and all responsibilities or liability from injuries or damages resulting in any way from participation in any activities.

I understand that fitness activities involve a risk of injury and that I am voluntarily participating in these activities with the knowledge of the dangers involved. I fully assume the risk for any injury or loss that may be sustained in any way connected with this class and/or any other training that may occur in connection with this class. Notwithstanding the risks that are inherent in class, I agree to assume such risks and grant the releases stated herein. I voluntarily participate, any and all activities with full knowledge that there is a risk of personal injury, property loss, or death. I agree that neither I, my heirs or legal representatives will sue or make any other claims of any kind whatsoever against Lisa Ash Drackert, Lisa Ash Yoga, LLC or host sites for any personal injury, property loss/damage or wrongful death.

I understand that my email address will not be shared with third parties, but will be used in communication with Lisa Ash Drackert and Lisa Ash Yoga, LLC and Westport Yoga KC.

I hereby grant Lisa Ash Yoga, LLC and/or the site at which the yoga lessons or private consultations are held permission to take photographs of myself. I understand that these photos or likenesses may be published and re-used for educational/instructional purposes and for advertising purposes. I grant Lisa Ash Drackert and Lisa Ash Yoga, LCC permission to alter these likenesses and understand that they may be put on the internet and used in public.

The undersigned fully understands the meaning and effect of this release and has freely agreed to be bound by its terms.

Signature: _____

Printed Name: _____

Date: _____