



SPECIAL DISCOUNT FOR BIGS AND LITTLES AT MOYO, A SOULFUL DESTINATION!

Located in Skippack Village, the MOYO studio has been serving the yoga community of Montgomery County for over 12 years. The Big Red Barn is home to a well-rounded yoga program, meditation and Ayurvedic therapies to center the spirit and quiet the mind.

MOYO invites Bigs and Littles to come and bliss out at discounted yoga classes. Mats and other props are available to borrow at no extra charge!

Like you, the staff at MOYO and Big Brothers Big Sisters knows how important mentoring is to the children in our community. As a way to say thanks to our volunteer Bigs, if you present the coupon below at the front desk, you'll receive our special discount.

For More Information:

610-584-1108
<http://moyo-yoga.com/>

info@moyo-yoga.com
4335 Skippack Pike Schwenksville, PA 19473



DISCOUNT COUPON

Bigs and Littles receive 50% off when attending yoga classes!
Investment per match is only \$20!

Have fun together!

Littles must be 13 or older to participate in a yoga class and present the completed waiver below. Waivers must be signed by the parent or guardian

CLIENT REGISTRATION AND WAIVER FORM

www.moyo-yoga.com | 610.584.1108 | 4335 SKIPPACK PIKE | SCHWENKSVILLE, PA 19473



CLIENT INFORMATION

FIRST NAME	MIDDLE INITIAL	LAST NAME	
ADDRESS	CITY, STATE	ZIP	
BIRTH DATE <input type="checkbox"/> male <input type="checkbox"/> female	EMAIL (Please provide if you would like to be included on our mailing list.)		
HOME TELEPHONE	ADDITIONAL TELEPHONE	<input type="checkbox"/> mobile <input type="checkbox"/> work <input type="checkbox"/> other	
EMERGENCY CONTACT/NAME	RELATIONSHIP	PHONE NUMBER	EMAIL

>> MOYO CLIENT REWARDS PROGRAM: Earn value points for each referral. Value points can be cashed in for discounts on all purchases.

How did you find out about MOYO? family friend newspaper internet other

Specify Name/Source

HEALTH ISSUES AND OTHER COMMENTS (Please use the back of this form if more room is needed)

- Do you perform any repetitive movement in your work, sports, or hobby? yes no
If yes, please describe:

- Do you experience chronic stress in your work, family, or other aspect of your life? yes no
If yes, how do you think it has affected your health?
 muscle tension anxiety insomnia irritability
 other

- Is there a particular area of the body where you are experiencing tension, stiffness, pain, or other discomfort? yes no
If yes, please describe:

- Do you have a sensitivity to heat or experience any difficulty breathing (such as Asthma or other respiratory condition)? yes no
If yes, please describe:

- Do you see a chiropractor? yes no
How often?

- Are you currently under medical supervision? yes no
If yes, please describe:

- Are you pregnant? yes no
Please describe medical conditions related to your pregnancy that we should know about:

- Is there anything else about your health history that you think would be useful for your yoga instructor to know in order to plan a safe and effective yoga practice for you?
Ex: Diabetes, High Blood Pressure, Heart Disease, Recent Surgeries, Recent Injuries, Glaucoma, and/or Head Trauma(s).

- Do you have any particular goals in mind for this or future yoga sessions? yes no
If yes, please describe:

WAIVER: I understand that I am participating in yoga classes during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion which may be strenuous and may cause physical injury and I am fully aware of the risks and hazards involved. I understand it is my responsibility to consult with a physician prior to and regarding my participation in yoga classes. I represent and warrant that I am physically fit and have no medical condition which would prevent my full participation in the yoga classes. I knowingly, voluntarily and expressly waive any claim I may have against MOYO for injury or damages that I may sustain as a result of participating in the program. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue MOYO for any injury or death caused by their negligence or other acts. I also give permission to have my picture taken, reproduced and used for promotion and advertising. MOYO is not responsible for my personal belongings.

CLIENT NAME _____ SIGNATURE _____ DATE _____