



# Mats Down, LLC

Julie Gondzar, CYT

Email: [julie@matsdown.com](mailto:julie@matsdown.com)

Tel: 970-231-1618

## CLIENT IN-TAKE QUESTIONNAIRE

CLIENT INFORMATION			
Last Name:		First Name:	
Mailing Address:		City/State/Zip:	
Phone Number:		Email Address:	
Birthday (Month/Day):		Occupation:	

EMERGENCY CONTACT INFORMATION			
Emergency Contact:		Relationship:	
Emergency Contact Tel:		Contact Email:	

HEALTH AND WELLNESS INFORMATION			
Do you have any injuries (past or present)?			
Do you have pain (chronic or recent)?			
Do you have mental health concerns?			
Do you have any mental or physical limitation?			
What are some key stressors in your life?			
Circle what describes your daily movement:	Sedentary	Somewhat Active	Very Active

HEALTH AND MEDICAL HISTORY (mark with "X" for all items that apply)		
Cardiac Issues ___	Spinal Disk Injury ___	Shoulder Injury ___
High Blood Pressure ___	Neck Injury or Stiffness ___	Hip Injury ___
Low Blood Pressure ___	Low Back Pain ___	Pelvis Injury ___
Sciatic Nerve Pain ___	Joint Replacement Surgery ___	Arthritis ___
Stroke ___	Knee Injury ___	Vertigo ___
Migraines ___	Lung Disease ___	Other: (explain)

Are you pregnant? \_\_\_\_\_



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BACKGROUND EXPERIENCE		
<i>Mark with "X" the following items you previous experience with.</i>		
Yoga Classes ____ Yoga Videos/DVDs ____	Dancing ____ Stretching Classes ____	Martial Arts ____

WHAT ARE YOU INTERESTED IN LEARNING?		
<i>Mark with "X"</i>		
Yoga for Overall Wellness ____ Yoga for Weight Loss ____ Yoga for Stress Management ____	Yoga for Pain Management ____ Mind-Body Connection ____	Meditation ____
What do you want to accomplish (short-term)?		
What do you want to accomplish (long-term)?		
What is your biggest fear, concern or hesitation regarding a yoga practice?		

INSTRUCTION OPTIONS AND PRICING (All lessons are 1-hour unless otherwise negotiated)	
First Visit and Consultation (optional)	FREE (30-45 minutes)
Private One-on-One Yoga Lesson	\$50.00*
Semi Private Yoga Lesson (2-4 people)	\$80.00* (split between participants)
Group Yoga Lesson (up to 20 people)	TBD (dependent on group size and location)
<b>Accepted Payment:</b>	<b>CASH or CARD only</b>



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### CLIENT IN-TAKE QUESTIONNAIRE

#### PRIVACY POLICY

Your privacy is very important. All personal information offered, whether on paper or during sessions, will be kept private and only used to help provide the highest quality service and support.

#### CANCELLATION FEES AND RETURN POLICY

- If lesson cancellations are made *less* than 24 hours in advance of the pre-scheduled time, full payment will still be charged.
- If cancellations are made *more* than 24 hours in advance, the session can be rescheduled or payment will be fully refunded.
- If semi-private lessons are reduced to one person, the private lesson rate will be charged.
- Private group classes are non-refundable if cancelled.
- Lesson packages are non-refundable if cancelled, however cancellation of a pre-scheduled lesson can be rescheduled.

#### WAIVER

I \_\_\_\_\_ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress-reduction and relief of muscular and joint tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust or come out of the posture, and ask for support from the instructor.

If I have a medical concern, I will consult my doctor before practicing yoga. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended nor safe under certain medical conditions. I affirm that I am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive my claims that I have now or hereafter may have against Julie Gondzar and Mats Down, LLC.

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Signature of student, parent or guardian

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Date