

Montana Dance Works
3105 Harrison Ave.
Butte, MT 59701
www.montanadanceworks.com
Prenatal Yoga Winter Session Registration Form 2016

Participant Information – Please type or print legibly.

First Name: _____ Last Name: _____

Age: _____ Due Date: _____ Previous Yoga: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____

Place of Employment: _____

Emergency Contact: _____

Payment due upon registration
\$55 for one month or \$100 for two months
Limited Space – Register Early
ABSOLUTELY NO REFUNDS
 Checks must be payable to: Montana Dance Works
 (There will be a \$25 fee charged on checks returned by the bank due to insufficient funds.)

Prenatal Yoga Classes

Prenatal Yoga Classes are geared toward preparing the body for labor by strengthening the needed muscles and maintaining proper posture, and preparing the mind by working on breathing exercises and leaving plenty of time for relaxation. It is important to clear these classes along with any other exercise programs with your physician. You should not practice if you have lung or heart disease, persistent bleeding or premature labor.

Select One or Both	
January Saturdays 9th, 16th, 23rd, 30th 9:00 – 10:15 AM	February Saturdays 6th, 13th, 20th, 27th 9:00 – 10:15 AM

Release:

I hereby acknowledge my health and release from my physician to participate in Prenatal Yoga Classes and authorize the directors to secure any emergency treatment deemed as necessary. I hereby release the teachers, assistants, personnel, and Montana Dance Works from all claims for injuries sustained while participating in these classes. I hereby acknowledge that Montana Dance Works may take and use photos of classes for marketing material.

Signature: _____ Date: _____