

Maiga Milbourne
www.maigamilbourne.com
maiga@yogawood.com
215-687-1147

Thank you for your interest in taking private lessons from Margaret "Maiga" Milbourne, E-RYT. Please read, sign, and submit both pages to Maiga.

PRIVATE LESSON POLICY AGREEMENT

- 1) **Scheduling:** All private lessons must be scheduled 2 days prior. Contact Maiga to confirm dates and times.
- 2) Private lessons **expire after 6 months from the date of purchase.**
- 3) Payment methods accepted: cash, paypal payment made on www.maigamilbourne.com, or check to "Margaret Milbourne."
- 4) Although private lessons are non-refundable, students may reschedule canceled lessons or transfer a lesson to someone else.
- 5) In the event that Maiga or the student need to cancel or reschedule a lesson, both parties are responsible for **canceling with at least 24 hours notice.** There will be no refunds or rescheduling private lessons canceled the day of its scheduled time.
- 6) Untaken, prepaid lessons are **transferable.** All policies regarding Maiga's private yoga lessons apply to the transferee(s).

1 60 minute PRIVATE LESSON \$75
5 60 minute PRIVATE LESSONS \$300

*Maiga reserves the right to change pricing and policy at any time.

I _____ (print name), agree to the above pricing and policies for private yoga lessons with Maiga Milbourne. I also understand that Maiga has the right to change her pricing and policies at any time.

Client Signature

Date

RELEASE AND WAIVER OF LIABILITY

I, _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education, and relief of muscular 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 the posture, and ask for support from the teacher. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis, or treatment. Yoga is not recommended and is not safe for certain medical conditions. I affirm that I alone am responsible to decide whether or not to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against "Maiga" Margaret Milbourne.

Client Signature

Date

***Please sign and submit these forms for your first lesson.**