



2020 Island Alpaca Co. of Martha's Vineyard Alpaca Yoga Program & Registration

Program Information: If you are an alpaca enthusiast and need to unwind, or want to get outside with the community, you will love experiencing yoga at Island Alpaca Farm. It's a fun and exciting experience for alpaca, yoga and animal lovers. Even if you are a novice or have never practiced yoga, Island Alpaca welcomes you to experience yoga in the soothing presence of their alpaca and welcomes all levels. The class is held in the pasture with the alpaca and experienced yoga instructor,

Yogijay (Jason Mazar-Kelly)

NAME: _____

CLASS DATE: _____

_____ # of Participants:

_____ Total under 14 y/o:

Registration and Cost: Due to Covid-19 phased reopening guidelines and policies, pre-registration is required. In addition, there will be a capacity limit, so make sure you sign up in advance. Children under the age of 14 may register with an accompanying adult (2 children per accompanying adult). **Please refer to the waiver below, which must be completed prior to your alpaca yoga session. Please email prior to class date.**

The cost of the class is \$35 per person, which includes a 45 minute yoga class and a 15 minute meet and greet with the alpacas, as well as water and fresh fruit after class. As pre-registration is required, all payments will be handled online.

If you are concerned about being in a larger group, consider registering for a private alpaca yoga class with your family or friends. If interested in booking a private class, please call us to discuss your private session! (508-423-1443).

Times & Schedule: Tuesday Mornings (10-11 am) and Friday Mornings (10:30-11:30 am)

Check online at AlpacaYoga.com for any additional times scheduled!

What to bring: A mat or towel for practice, sturdy, comfortable shoes or boots, sunscreen, hat and camera. The meet and greet is a great photo opportunity! If you do not have a mat, please purchase one online or at the gift shop prior to class. Due to Covid-19 concerns and restrictions, there will be no mat rentals.



Safety Rules & Covid-19 Guidelines and Policies for Practice:

Arrival Time/Mobile Phones: Please arrive 15-20 minutes prior so we can ensure yoga mats are appropriately distanced (more than 6 ft apart). Late arrivals and early departures can be disruptive to class. Please be respectful of your instructor and fellow participants by being on your mat at the posted start time and staying in the pasture until the session is over. If you arrive late, the yoga pasture will be closed, and you may forfeit your registration. Please ensure your mobile device is on "do not disturb" prior to attending class. **Please make note: Island Alpaca does not have public restrooms. Please plan accordingly!**

All participants must follow the directions of the instructor and remain within sight of the instructor at all times.

If capacity can be increased, we will consider the opportunity for doing so. Our main priority is ensuring everyone can safely practice so please stay tuned for updates.

Face Masks/Sanitizer: Participants and the instructor are required to wear a mask/face covering at all times when on farm property. Participants can take their masks off during practice but must have them handy. Once everyone is settled on their mat, the instructor will begin class and will be walking around the pasture to ensure everyone is seen, heard and safe. As such, the instructor will wear his mask during practice if he cannot maintain social distance. Masks must be worn during the meet and greet after practice. There will be Hand Sanitizer accessible to all. Please use before and after class. Please be respectful and considerate of others. Some of us may be immune compromised and some of us may be living with those who are immune compromised. If someone asks you to wear a mask, please be considerate and feel free to talk with the farm if you have any concerns. Remember, we all have fears and anxieties. Rather than judging one another on how one may express fear, may we reside in the acknowledgement that we all deal with our own fears and anxieties in our unique ways. We are all trying our best and doing our best!

When rain is probable, class may be canceled or rescheduled for a time later that day. You will get a refund if we cancel class or if you choose to cancel your registration at least two weeks in advance. Have fun, be safe and share a smile with your community!

Registration: Please submit/sign before start of program • *Indicate ages if under 18 years.

Participation Day/Date/Time: _____ **Email:** _____ **Tel:** _____

Participant #1: _____ Mat: OWN / BUY Age: _____ *

Participant #2: _____ Mat: OWN / BUY Age: _____ *

Participant #3: _____ Mat: OWN / BUY Age: _____ *

Participant #4: _____ Mat: OWN / BUY Age: _____ *

Street Address: _____ City: _____ State: _____ Zip Code: _____

Yoga Waiver & Release Form

I recognize and understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction 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, I will listen to my body, discontinue the activity, and ask for support from the instructor. I assume full responsibility for any and all damages, which may be incurred through participation both in the class and improper interaction with the animals.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Island Alpaca and the instructor.

I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognize that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law in the State of MA.

I/We understand and agree to the above terms and conditions:

Signature of Participant or Parent/Guardian **Date**

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Island Alpaca protects your personal information. We do not sell our mailing lists. The information you provide will be used to keep you informed on the activities on the farm, programs, services, special events and sales!

*******For**

farm use only: Purchased Mat • Own Mat/Towel Date Received: _____ Amt: _____)_____ Check: _____ Check Number: _____

Cash: _____ CC No: _____ Exp. Date: _____ CVV: _____ Zip Code: _____

Name as it appears on Card _____

Email for Receipt: _____ Tel: _____