

Please read the following information regarding your first Hot Yoga Class

WELCOME TO HOT YOGA INC!

Please **initial** by each line to state that you have read and understand the information. Let us know if you have any questions.

~PLEASE SET YOUR MAT AWAY FROM THE FRONT MIRROR FOR 1st CLASS~

- ☺ ***Students 17 or younger must be accompanied by a parent or legal guardian.***
- ☺ **The room is heated. Because it's hot and you're working hard, you may feel dizzy, light-headed, or even nauseous. *Don't worry, this is normal!* If you feel overwhelmed, please don't leave the room. Just lie down on your mat and let it pass. It can take a couple classes to get used to the heat. Don't give up; it's part of the process. You'll soon discover the heat is a powerful tool to open and detoxify your body unlike anything else.**
- ☺ **Please stay in the room for the entire class.**
- ☺ **Please come to class on time.**
- ☺ **Please sign-in before entering the studio to set up your mat.**
- ☺ **Please be mindful about where you park.**
- ☺ **Take class the following day or as soon as possible. Doing this helps you acclimate to the heat faster.**
- ☺ **For every class you'll need a bottle of water, a mat, a large towel to place over your mat and a small towel to clean your area after class.**
- ☺ **Come well hydrated and on an empty stomach. *We recommend not eating at least 2 hours prior to class.***
- ☺ ***Please, no talking once class has begun.* Class is a silent, moving meditation. Please save any questions until after class.**
- ☺ **Please leave belongings in the changing/restrooms.**
- ☺ **Please take caution as the floor may become slippery when wet. Walk with care in and out of the studio, lobby and changing rooms.**
- ☺ **If you tend to sweat a lot, please bring a plastic bag to hide under your mat. After class you can place your sweaty towel in the bag to avoid leaving a trail of sweat as you leave. This is a great way to recycle plastic grocery bags.**

New Student Registration
Please Print Clearly

For internal use only

Payment type:

Debit Cash VISA M/C

Check Discover Paypal

Name _____ Birth date _____

Address _____

City _____ State _____ Zip _____

Home phone _____ Cell # _____

E-mail _____

(Sign up to receive monthly specials and event information)

Emergency contact _____ Phone _____

Referred by _____ or (Website, Coupon, Ad, Walk-in, Dr., Friend)

Please list any injuries, ailments or conditions you have; past or present:

Agreement of Release & Waiver of liability

My signature below indicates that I agree to the following~

1. That I am participating in the yoga classes offered by Hot Yoga Inc., during which I will receive instruction about yoga and health. I recognize that yoga requires physical exertion which may be strenuous. I am fully aware of the risks involved.
2. I understand that it is my responsibility to consult a physician prior to and regarding my participation in the yoga class. I represent and warrant that I am physically fit and have no medical condition which would prevent my full participation in Hot Yoga Inc.
3. I will assume full responsibility for any risks, injuries or damages known or unknown, which I might incur as a result of participating in the program.
4. I knowingly, voluntarily and expressly waive any claim I may have against Hot Yoga Inc. for injury or damages that I may sustain as a result of participating in the program.

Signature _____ Date _____

If under 18, parent or legal guardian signature required.

Parent or Guardian's Signature _____ Date _____