YOGA hot spot

Student Registration & Waiver

Name_____ Phone_____

Street Address_____

City _____ State_____ Zip Code_____

Date of Birth _____/_____/_____ Gender ____ M ____F

Emergency Contact _____

Email _____ Contact Phone _____

Rules
Please initial that you have read and understand each of the following:

_____ Bring mat, large towel, and water to class

_____ Come to class on time and up to 30 min. early for quiet time in the hot room

_____ Try to stay in the room for the entire class

_____ Check in at the front desk for each class

_____ Talk to the instructor after class about questions or concerns outside the hot room

_____ Leave cell phone, keys, and belongings in the storage area outside the hot room

_____ Come hydrated to class (24 hours prior)

_____ Try to avoid eating within 2 hours before class

_____ Always focus on yourself and your practice

_____ Keep shoes outside the hot room

_____ Keep voices outside the hot room

_____ Keep stress, tension, and worries outside the hot room

Agreement of Release & Waiver of Liability Associated risks involved with hot yoga:

1. I agree that I am participating in the yoga classes offered by PWP dba Yoga Hot Spot, 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 PWP dba Yoga Hot Spot.

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 hot yoga.

4. I knowingly, voluntarily and expressly waive any claim I may have against PWP dba Yoga Hot Spot for injury or damages that I may sustain as a result of participating in hot yoga.

_____   _____
Print Name   Date

_____
Signature