



Name: _____ Telephone: _____

Address: _____ City: _____

State: _____ Zip: _____

E-mail address: _____

Medical Alert (injuries, physical limitations, ailments, etc.)

How did you hear about Hot Yoga Lounge, Inc.?

Yoga and physical exercise are individual experience. I understand that in Yoga, and in any other exercise class, I will progress at my own pace. If at any point I feel overexertion or fatigue, I will respect my own body's limitations and I will rest before continuing Yoga or any other exercise.

By signing my name below, I acknowledge that participation in Yoga classes or any other exercise class exposes me to a possible risk of personal injury. I am fully aware of this risk and hereby release Hot Yoga Lounge, Inc. from any and all liability, negligence, or other claims, arising from, or in any way connected with, my participation in Yoga and any other exercise class.

My signature further acknowledges that I shall not now, or at any time in the future, bring any legal action against Hot Yoga Lounge, Inc.; and that this waiver is binding on me, my heirs, my spouse, my children, my legal representatives, my successors and my assignee.

My signature verifies that I am physically fit to participate in Yoga classes, or any other exercise classes, and a licensed medical doctor has verified my physical condition for participation in this type of class.

If I am pregnant, or become pregnant, or am post-natal, my signature verifies that I am participating in Yoga, or any other exercise classes, with my doctor's full approval.

I realize that I am participating in Yoga, or any other exercise classes, at my own risk.

Please initial that you understand certain concepts of yoga etiquette that are as follows:

Do

- _____ Arrive 10-15 minutes early
- _____ Be quiet during class
- _____ Bring a towel/mat/water
- _____ Clean up area after class (props, mat, sweat off floor)
- _____ Understand that becoming lightheaded or nauseous is completely normal
- _____ Leave your belongings in the changing room area

Don't

- _____ Arrive late (doors lock once class begins)
- _____ Bring a cell phone into the Yoga room
- _____ Eat 2-3 hours prior to class
- _____ Leave class early (front door is locked)
- _____ Wear shoes in the yoga room

My signature is binding to this liability waiver from this day forth.

Date _____

Signature _____

IF UNDER 18 YEARS OF AGE

As legal guardian of _____, we consent to the above conditions.

Signature of Guardian: _____