

VIBES HOT YOGA

Please read:

- ❖ Sign in at the front desk prior to entering the room
- ❖ Water, Water, Water, come to class well hydrated
- ❖ Come to class prepared! (water, mat and towel(s))
- ❖ Refrain from using lotions or perfumes. Leave all belongings in your car or locker room.
- ❖ The studio is heated, it is perfectly normal to feel light headed or nauseous if this happens lay down on your mat until the feeling passes
- ❖ There is no talking once class has begun, the sound of your instructors voice will lead you through your practice
- ❖ Please leave all valuables at home
- ❖ BE ON TIME (15min. prior to start time)
- ❖ Take a moment after your first class to check out our website for more helpful tips and information on Hot Yoga

I recognize that yoga requires physical exertion which may be strenuous and am fully aware of the risks involved.

I represent and warrant that I am healthy and have no medical condition which would prevent my participation in class.

I assume full responsibility for any risks, injuries and/or damages known or unknown which I might incur as a result of participating in class.

I knowingly waive any claim I may have against VIBES Hot Yoga for injury or damages that I may sustain as a result of my participation.

I have read and acknowledge the risks involved in participating in a hot yoga practice.

Signature

Date

Name _____

Address _____

City, State, zip _____

Phone _____ email address _____

Date of Birth _____

Do you have any physical limitations your Instructor should be aware of? _____
if yes, _____

Emergency Contact _____ Phone _____

Relationship: _____

How did you hear about us?: _____

Have you done hot yoga before? _____

Who can we thank for referring you?: _____

Please consult a physician prior to starting any exercise program