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Name (please print clearly) _____ Age _____ Date of Birth (m/d/y) _____

Address _____

City _____ State _____ Zip Code _____

Home Phone # _____ Mobile Phone # _____

E-mail Address (print clearly) _____

Emergency Contact _____ Relationship _____ Contact Phone # _____

How did you find the studio: internet _____ advertising _____ social media _____
friend/family _____ Other _____

Are you Pregnant? YES / NO _____ Does anything hurt today? _____

Have you tried Yoga before? YES / NO _____ what type of class, where? _____

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

In consideration of and as inducement to my enrollment as a student in Yoga Classes conducted by **Above and Beyond Hot Yoga**, I represent and agree to the following:

1. I recognize that Yoga Classes are done in a hot room and requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in Yoga Classes. I represent and warrant that I am physically fit and have no preexisting medical condition which would prevent my full participation in the Yoga Classes. I understand some medications and supplements have adverse side effects. I understand that it is my responsibility to discuss any side effects of any such products that I am taking with my physician or pharmacist, before making a decision about whether it is safe to practice yoga.
3. I assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participation in the Yoga Classes.
4. I knowingly, voluntarily and expressly waive any claim I or my heirs may have and agree to hold Above and Beyond Hot Yoga its staff, and agents harmless from any and all liability, actions, claims, demands of every kind and nature whatsoever which may arise from or in connection with any activities of Above and Beyond Hot Yoga at any location where a staff member or agent may be holding class or workshop. The terms therefore shall serve as a release and assumptions of risks for my heirs, executor and administrator, and for all members of my family.
5. The fees paid for classes and workshops are non-refundable.
6. All services are subject to change or deletion at the discretion of Above and Beyond Hot Yoga.
7. I agree to follow the rules, protocol, and guidelines of Above and Beyond Hot Yoga. Failure to observe studio policy may result in dismissal from the class or studio.
8. I understand that Above and Beyond Hot Yoga is not responsible for lost or stolen items.

Signature of Participant _____ Date _____

As the Legal Guardian, I consent to the above terms and conditions:

Parent or Guardian Signature _____ Date _____