

# WELCOME TO GET HOT YOGA, MAPLE VALLEY

Please read the following outlining the basic rules of the studio room. Let one of the GHY staff members know if you have ANY questions.

\*The studio room that you will be in is heated. Because you are working hard you may feel dizzy, light headed, or nauseous. Do not panic, this is perfectly normal. Be persistent! It may take a few consecutive classes to allow your body to adapt to the heat and it is worth it!

\*Please show up for class on time! We do not allow students to walk into a class after it has begun to keep from disrupting the practice of our fellow students.

\*Come to class prepared! For each class you will need a bottle of water, a yoga mat, and a large towel to place over your mat. A hand towel is also recommended to clean up your area after class.

\*NO TALKING once in the studio room. Please save any questions until after class. Allow your practice to be a silent moving meditation.

\*Please leave all belongings in the cubbies throughout the studio or in your vehicle and silence your cell phone. **NO SHOES IN THE HOT ROOM!**

## Agreement of Release & Waiver of Liability

***My signature below indicates that I agree to the following:***

- 1.) That I am participating in the yoga class offered by GET HOT YOGA, LLC during which I will receive instruction about yoga and health. I recognized that yoga requires physical exertion which may be strenuous. I am fully aware of the risks involved.
- 2.) **Students 17 or younger must be accompanied by a parent or legal guardian.**
- 3.) 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 at GET HOT YOGA, LLC.
- 4.) I will assume full responsibility for any risks, injuries and or damages known or unknown, which I might incur as a result of participating in the program.
- 5.) I knowingly waive any claim I may have against GET HOT YOGA, LLC for injury or damages that I may sustain as a result of participating in the program. Additionally, my relatives and I agree to release, discharge and hold GHY and others harmless from liability for injuries, illness, medical bills, etc. incurred and in any way related to my activities. Also, my personal property is my responsibility and GET HOT YOGA, LLC and others have no responsibility for loss or damage.

**Participants PRINTED Name:** \_\_\_\_\_

**Participants Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature** (if 17 or younger): \_\_\_\_\_ **Date:** \_\_\_\_\_

**Contact Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Please list if you have any injuries or medical conditions:** \_\_\_\_\_

### **EMERGENCY CONTACT INFORMATION:**

**Name and Phone number:** \_\_\_\_\_