

RANCHO BERNARDO

PLEASE PRINT CLEARLY

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ BIRTHDATE: ____ / ____ / ____

PHONE: _____ EMAIL: _____

REFERRED BY: Internet Walk in Friend _____ Other _____

In consideration of and as an inducement to you enrolling me as a student of Bikram Yoga College of India Rancho Bernardo located at 16473 Bernardo Center Drive, San Diego, CA 92128, I represent and agree as follows:

- 1) I have been examined by a licensed physician within the past six months and have been found by such physician to be in good physical health and fully able to perform all Yoga exercises which I am to learn and perform during my enrollment with you.
- 2) I will faithfully follow all instructions given me by you and your instructors as to when, where, and how to perform and not to perform Yoga exercises, it being understood that any deviation by me from such instructions shall be at my own risk.
- 3) I will not hold you, your partners, instructors, or employees responsible for any injuries suffered by me caused whole or in part by my failure to faithfully follow the instructions of you or your instructors or by any physical impairment of mine not fully disclosed to you in writing.
- 4) I understand and acknowledge that I am to receive instruction in Yoga theory and exercises only, and I will not hold you, your partners, instructors, or employees to any higher standard of care than that applicable to school of Yoga theory and exercises.
- 5) The tuition paid herewith and such registration fees paid hereafter are **non-refundable**.

DATE

SIGNATURE

DATE

GUARDIAN (if under 18)

FIRST TIMER CHECKLIST

- Inform instructor of any medical issues or injuries that we should be aware of.
- **No talking** in the yoga room: before, during or after class.
- No cell phones, shoes, socks, hats, watches, keys, purses, etc. in the yoga room.
- No late admittance, no early dismissal.
- Do not set up in the first or second row.
- Mat down on the floor, towel over the mat, water next to your mat.
- Water break after the 4th posture. Drink water in between postures only.
- Please no glass bottles in the studio.
- Deodorant is great; strong perfumes and lotions are not.
- No gum or food in the yoga room.
- The studio will be open 30 minutes prior to class and close 30 minutes after each class.
- Print name on sign-in sheet at the front desk.
- Take your 2nd class within 24 hours.
- Class is 90 minutes long.

HAVE FUN!