



SIMPLY HOT YOGA WELLNESS CENTER

New Student Registration/ Release and Waiver of Liability

Full Name (Please Print) _____
 Street Address _____ City _____ State _____ Zip _____
 Cell Phone # (____) _____ Other Phone # (____) _____
 Birthday ____/____/____ E-Mail _____

Have you practiced yoga before?
 Yes No Styles _____ Locations _____

How did you hear about us?

How did you hear about SHY Wellness?
 Internet Advertisement Walk-By Friend Other _____

Emergency Contact Name _____ Relationship _____ Phone # _____
 Primary Physician Contact _____
 Please list any medical conditions _____
 Please list any medications you are currently taking _____

Release & Waiver of Liability:
 I recognize that yoga classes are a voluntary activity and involve physical exertion which may involve bodily risk. I understand that it is my responsibility to consult a physician prior to participating in classes offered by Simply Hot Yoga Wellness (SHY) by starting classes I warrant that I have no detrimental medical conditions. I also warrant that I have inspected the facilities and observed classes prior to commencing and certify that they are safe. If at any time classes or facilities appear unsafe, I will immediately notify an appropriate party. I also understand that, individually and on behalf of my heirs, assigns, personal representatives or any other associated party ("Relatives"), I agree to release, acquit and forever discharge SHY and / or its employees, agents, officers, representatives, all other related persons or entities, the owner of the premises, etc. ("SHY and Others"), from any and all liability whatsoever resulting from any damages, losses or injuries (including death) that might arise in any way out my activities. I/We assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, the effects of high heat and/or humidity, and all other such risks being known and appreciated by me. In other words, if I am harmed in any way my Relatives and I are broadly agreeing to waive and forever extinguish the ability to seek damages from SHY and Others to the maximum extent permitted by Washington law. Additionally my Relatives and I agree to release, discharge and hold SHY and Others harmless from liability for injuries, illnesses, medical bills, etc. incurred and in any way related to my activities. Also personal property is entirely my responsibility; SHY and Others have no liability for loss or damage. The above terms may not be modified orally and if any portion of this waiver and release is found to be invalid, the balance shall remain in full force and effect.

Acknowledgement. By voluntarily and knowingly signing below, I am acknowledging that, among other things: I have carefully read this entire release and waiver, understand its terms without reservation and, accordingly, my Relatives and I are waiving substantial legal rights.

Signature: _____ Date: _____

If under 18, parent or legal guardian signature required.

Parent or Guardian's Signature: _____ Date: _____

<p>Internal Use Only: Cash <input type="checkbox"/> VISA/MC <input type="checkbox"/> Check <input type="checkbox"/> Online <input type="checkbox"/> Other <input type="checkbox"/></p> <p>Date of 1st class: _____ Type of Purchase: _____</p>

STUDENT CODE OF CONDUCT: *(Read and Sign at the Bottom)*

1. Practice the art of silence once you enter the yoga studio. No talking is permitted
2. New students must arrive 20 minutes early for their first class to allow time for paperwork. New students will not be allowed to enter late.
3. Please arrive early. If you arrive a few minutes late, take a deep breath and quietly wait at the entrance until the teacher gives you permission to enter.
4. If you sign up online for class, you must be present 10 minutes before class starts to guarantee your spot.
5. Please enter and leave peacefully. Be mindful not to slam your yoga mat on the floor, or drip sweat on other students when you leave.
- 6.
7. Please remove your shoes before entering the studio; we practice in our bare feet.
- 8.
9. No cell phones or personal items including purses, keys etc. are allowed in the studio. Please leave your valuables in the car and use the cubbies in the locker rooms to store your other items.
- 10.
11. You are required to have a yoga mat, large towel and water bottle with you in class. Only clear liquids with secure lids are allowed in the studio.
- 12.
13. Come to practice with an empty stomach (unless a specific condition prevents this.)
- 14.
15. Bring your own yoga mat, it's more hygienic, or we have mats to rent for \$3.
- 16.
17. Wear comfortable and appropriate exercise clothing. Please have a fresh set of clothes and new clean towel for each class that you take.
18. Refrain from wearing perfume, cologne or strong essential oils. Please make sure that you freshen up before coming into class, even the smallest odor can put a damper on other students practice.
19. Keep showers to less than 3 minutes.
20. If you have a health issue (illness, injury or medical condition,) please let your teacher know before class. Not every pose is appropriate for every person.
- 21.
22. Let go of the competitive mind-set and any expectations and start where you are. Take breaks whenever you need to and come out any posture if you feel any strain or pain. Your body responds best when you honor it with honesty and kindness.
- 23.
24. Stay for the entire class, if you need to leave early please do so quietly and do not re-enter until class is ended.
25. Finally most classes finish with a gesture and saying Namaste. This means: I honor the place in you, in which the entire universe dwells. I honor the place in you, which is of love, of truth, of light and of peace. When you are in that place in you and I am in that place in me, we are one.

Signature _____

Date