NEW STUDENT REGISTRATION & RELEASE FORM

Bikram Yoga Troy 2559 Livernois Road, Troy, MI 48083 (248-250-9407)
Bikram Yoga Farmington Hills 27879 Orchard Lake Rd, Farmington Hills, MI 48334 (248-488-9788)

1) Please PRINT Your Name:

_____

2) Payment Information:

Have you ever attended class at our Farmington Hills or Troy location? Yes _____ No _____

If yes, do you have a current class package? (specify here) _____

Select which location you plan to attend most often: Troy _____ Farmington Hills _____

Class Package: Introductory 2 Weeks for $25 _____ (must be brand new to both locations & MI resident)

Drop In $15 _____ Other _____

Payment Method: Cash _____ Credit Card _____ Check _____

3) Contact Information: Have you Pre-Registered Online? Yes _____ No _____

E-Mail _____

Phone _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

4) New Student Release:

In consideration of my ongoing enrollment as a Bikram Yoga student, I agree as follows:

1. I am in good physical health and I am able to do a reasonable variety of activity, including bending, stretching, balancing, lifting and resistance exercises. I understand that Bikram Yoga is practiced for 90 minutes in a room heated to approximately 105°F and 50% humidity. It is my responsibility to prepare for each class by using my common sense: I will remain hydrated; avoid drugs, alcohol, narcotics and fasting before class; dress in light, breathable fabrics; and rest when I feel dizzy or nauseous.

2. I understand that it is my responsibility to inform the teacher of any injury, surgery or other conditions (such as pregnancy, high or low blood pressure, heart disease) that I have that might subject me to a higher risk of injury. I understand that if I have any such conditions and choose to do the practice, I do so at my own risk, whether or not I have informed the teacher of the condition.

3. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of and willing to assume the risks and hazards involved. I will not hold you, your partners, employees or instructors responsible for any injury or damage that I may suffer as a result of participating in the program. I agree to be responsible for the full cost of any medical treatment that may result from participating in this program.

4. Unlimited packages are valid only for the amount of time specified and are non-transferable. Class series cards are valid for a limited period from the date of purchase (see expiration dates with package prices). All amounts paid for participation in Bikram Yoga classes are non-refundable. Refunds, if any, are entirely subject to the discretion of the Yoga College of India.

5. I will read and adhere to the posted Bikram Yoga 'Etiquette Guidelines'.

_____ _____

Date Signature of Participant