



BIKRAM YOGA

Grand Rapids, Michigan

4547 28th Street SE
Grand Rapids, Michigan 49512

231.392.4798

FIRST NAME (PLEASE PRINT CLEARLY)										LAST NAME									
ADDRESS															PHONE				
CITY										STATE					ZIP				
DATE OF BIRTH										EMAIL (SIGN UP TO RECEIVE OUR FREE EMAIL NEWSLETTER)									

Please list any medical conditions, physical limitations, or challenges below. Awareness of these issues will help us to assist you with your practice. _____

REGISTRATION & RELEASE

Please check the appropriate box(es):

- Resident
 On vacation
 Never done Bikram Yoga
 Practice Bikram Yoga elsewhere

In consideration of my ongoing enrollment as a Bikram Yoga student at BYGR LLC, 4547 28th Street SE, Grand Rapids, MI 49512, I agree as follows:

- 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° 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; I will dress in light, breathable fabrics and rest when I feel dizzy or nauseous.
- 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.
- 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 or any workshops, clinics or seminars related to the program.
- Bikram Yoga should not be performed by women in their first trimester of pregnancy or who are trying to get pregnant due to a risk of birth defects. If I am pregnant and even if I do not know that I am pregnant, I assume all risks and will not hold you, your partners, employees or instructors liable for any injury or damage that may result from participation in the program.
- Student hereby covenants and agrees that for a period of two (2) years after Student's last Bikram yoga class at BYGR LLC, Student will not engage in or be interested in, as an officer, employee, agent, director, stockholder, advisor, consultant, independent contractor, owner or partner, in any firm, corporation, association or entity that in any manner may be deemed to be competitive with the company's (BYGR LLC) business, including and without limitation to the teaching of any type of so-called "Hot Yoga", which business is within 75 miles of the intersection of 28th Street and Patterson Ave. SE, Grand Rapids, Michigan.
- Unlimited packages are valid only for the amount of time specified and are non-transferrable. Class series cards are valid for a limited period from the date of purchase (see expiration dates with package prices) and are non-transferrable. All amounts paid for participation in Bikram Yoga classes are non-refundable. Refunds, if any, are entirely subject to the discretion of BYGR LLC. Please see studio website for dates studio is closed annually. Unlimited packages are prorated to reflect dates studio is closed. Prices and class times are subject to change.

SIGNATURE

DATE

SIGNATURE OF PARENT OR LEGAL GUARDIAN IF UNDER 18 YEARS OLD

DATE