



I (print name) \_\_\_\_\_,  
hereby agree to the following:

1. That the instruction offered by Bikram Yoga Tri-City is limited to that of instruction of basic yoga and health.
2. That even with clean instruction, there is a possibility of injury, and that it is my responsibility to consult a physician prior to attending class if there are limiting health concerns.
3. I attest that I have no psychological, medical or emotional conditions that would prevent me from safe participation in a Bikram Yoga class.
4. I release and discharge Bikram Yoga Tri-City, it's directors, it's instructors, it's insurers, and Bikram Choudhury himself from any and all liability, claim, demand or action that I may have resulting from injury, death or damages arising from my participation in the yoga class, or in the studio, including loss that may be caused by the negligence of the released party.
5. **I understand that by signing this agreement, I acknowledge that Bikram Yoga Tri-City does not exchange, refund, or transfer packages.**
6. I recognize that this agreement of release and waiver of liability is a legal contract and that, by reading it carefully, I have complete knowledge of it's contents.

Please list any physical ailments: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Phone #: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Email: \_\_\_\_\_

Birthday: \_\_\_\_\_ Occupation: \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ #: \_\_\_\_\_