



BIKRAM YOGA PARADISE VALLEY Registration Card

13843 N. Tatum Blvd. Ste. 11
Phoenix, AZ 85032

NAME: _____ BIRTH DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ E-MAIL: _____

HOW DID YOU HEAR ABOUT US?

- T.V.
- Internet
- Family/Friend (*please print name*)
- Print Ad
- Other

PRIMARY REASON FOR VISITING

- Back Pain
- Flexibility
- Headaches
- Knee Pain
- Neck Pain
- Weight Loss
- Reduce Stress
- Other

In consideration of and as inducement to your enrolling me as a student of the Bikram Yoga College of Paradise Valley, 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 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 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 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 payment made for services is non-refundable; such refunds if any, as are made shall be entirely within the discretions of the Bikram Yoga Paradise Valley College of India.

LIST ANY INJURIES OR ILLNESSES: _____

SIGNATURE: _____ DATE: _____

PARENT SIGNATURE (If under 18) _____ DATE: _____

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, watches, keys, purses, etc. in the yoga room.
- No late admittance, no early dismissal.
- 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 yoga room.
- 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.
- Sign-in sheet. Every time you come in, sign in at the front desk.
- Take your 2nd class within 24 hours.
- Class is 90 minutes long.
- HAVE FUN!