

Bikram Yoga Naperville Visitor Card

Welcome to Bikram's Beginner Yoga Classes and the Hot Room - for people who are looking for optimal health and a challenging workout. You're in the right place!

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Email: _____

Postal Code: _____

Sex: M / F _____ DOB: _____ Referred By: _____

How did you hear about us? _____

Do you have any Medical Issues we should know about, if so please list? _____

As a condition of my class participation at Bikram Yoga Naperville, I agree to the following:

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 will 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 not to perform Yoga exercises, and being understood that any deviation by me from such instructions shall be at my own risk.
3. I will not hold you, your partners, or any employees responsible for any injuries suffered by me caused whole or in part by my failure to faithfully follow the instructions of you and your instructors or by an physical impairment of mine not fully disclosed to you in writing.
4. I understand and acknowledge that I am to receive in Yoga theory and exercise only, and I will not hold you, your partners, instructors, or employees to any higher standard of care than applicable to the school of Yoga theory and exercise.

Signature: _____ Date: _____