

Please print and fill out the form below carefully, completely, and legibly. Include an email address (we do not sell or give it to anyone, but do send out a newsletter or relay important studio info or schedule changes).

If you have been to our studios before, you are already in our database. If your contact info has changed since your last visit, please fill out this form and let the front desk staff know that you are just updating your information.

Please arrive early for your first class
Give yourself plenty of time to park, pay, ask questions, get changed and settled in.

Remember to come well – hydrated
Drink lots of water (up to about 45 minutes before) then use the bathroom right before class! During class, limiting yourself to little sips now and then (rather than guzzling) will make your experience more comfortable.

Don't eat a lot right before class
As a general rule, most students find that having nothing in their stomachs for a couple of hours before class is the best way to avoid feeling nauseous. Some find that a light snack that is easily digestible (banana, smoothie, hand-full of almonds etc.) is beneficial in keeping the blood sugar stable, aiding your stamina and energy. Everybody is different. Experiment and see what works best for you.

Please keep in mind the following guidelines to make your (and everybody else's) class more enjoyable:
Be on time. Classes begin and end promptly. It is extremely important to be present for the first breathing exercise as it oxygenates your blood and prepares you for your practice.

If it is your first few classes, a good place to set up is towards the back of the yoga room, in the center. That way you have plenty of students to watch as examples.

Stay in the room until class is over.
It is VERY NORMAL to feel dizzy and/or nauseous during your first few classes. This is a natural detox response and is actually great news -you are getting healthier by ridding your body of excess adrenaline, and other stress hormones that will eventually lead to disease! If you feel light-headed, overheated, claustrophobic, or otherwise uncomfortable, just sit down and breathe slowly.

REGISTRATION AND LIABILITY WAIVER

Bikram Yoga - NE Portland

PLEASE PRINT CLEARLY!

1301 NE Alberta St. & 4831 NE Fremont St.

Name _____ Date of Birth _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Alternate Phone _____

Email Address _____

Occupation _____

**All information will
be kept strictly
confidential!**

Please list any Physical Conditions (i.e. pregnancy), Injuries (past or present), Impairments, Illnesses or Medications:

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- I have been examined by a licensed physician within the past six months, have been found to be in good physical health and fully able to perform all yoga exercises for which I will receive instruction.
 - I will faithfully follow all instructions given by the instructor(s), participate with the group as possible, and rest as needed.
 - I understand that at all times in the yoga class I am responsible for myself and will respect my body's limitations.
 - I understand that all exercise including yoga has inherent hazards and that I choose to participate at my own risk. I will not hold Bikram's Yoga College of India, Bikram Yoga – Fremont Street, LLC, its owners, partners, affiliates, or instructors responsible for any injuries suffered by me while in yoga class or on the premises.
 - I understand that there are absolutely no refunds, transfers or extensions on any class package.

DATE

SIGNATURE

PARENT/GUARDIAN SIGNATURE

(if under 18 years of age)

How I heard about the studio: _____