



· est. 2013 ·

## Responsibility Pledge and Release Meadows Hot Yoga

I understand that hot yoga is an arduous hatha yoga practiced in a hot (105°f) and humid (40 %) room for approximately 90 minutes. To maximize the health benefits and minimize the health risks of such practice, I am responsible for preparing for each hot yoga class in which I participate.

I understand that vigorous physical exercise in a hot and humid room can cause dizziness, nausea, fainting, dehydration, heat exhaustion, heat stroke or hyponatremia (dangerously low sodium levels). I promise to prepare for each class by minimizing such risks: I will dress in light clothes; drink plenty of water; refrain from ingesting narcotics, drugs or alcohol; avoid big meals 2-3 hours before class; avoid class when fasting; and pause during class to sit or recline when my body tells me to do so. I understand that hot yoga is mental as well as physical, so I must participate with focus, always paying attention to classroom instruction and, above all, the dictates of my body.

Within the previous 6 months, I have seen a doctor who has evaluated my physical condition and has cleared me to practice hot yoga. As I become aware of conditions that may compromise my safe practice of hot yoga (including but not limited to pregnancy, heart disease, high or low blood pressure, asthma, broken bones, strained muscles, and drug prescriptions contraindicated to heated environments), I promise to disclose such conditions to an instructor before taking a hot yoga class.

I release Meadows Hot Yoga and its instructors from liability for injuries arising out of my yoga practice at its studio, arising out of my use of its facilities, or both. I understand yoga tuitions are nonrefundable and are subject to expiration dates.

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Print Name

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Date of Birth

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Address

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City

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State

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Zip

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Phone

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Email

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Signature

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Date

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Emergency Contact / Phone #

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Referred by