



Responsibility Pledge and Release

I understand that hot yoga and Pilates is practiced in a hot and humid room. 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). To maximize the health benefits and minimize the health risks of such practice, I am responsible for preparing for each hot yoga/Pilates class in which I participate. 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; and pause during class to sit or recline when my body tells me to do so. **I understand that hot yoga/Pilates 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.**

I am aware of the risks of being in a public place during the COVID-19 pandemic and acknowledge that my attendance in class is voluntary. Within the previous 6 months, I have seen a doctor who has evaluated my physical condition and has cleared me to practice in a hot room. As I become aware of conditions that may compromise my safe practice of hot yoga/Pilates (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/Pilates 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 consent to the possible use of my image in online recordings and broadcasts.** I understand yoga tuitions are nonrefundable and are subject to expiration dates.

Print Name

Date of Birth

Address

City State Zip

Phone

Email

Signature

Date

Emergency Contact #

Referred by