

One Tree Hot Yoga  
2660 E. 53rd St. Suite 4  
Davenport, IA 52807

I am aware of the following information and by signing this waiver, release One Tree Hot Yoga and it's instructors from any liability resulting from any bodily injury from practicing Hot Yoga, Yoga or Pilates. I have read the information listed below and am practicing at my own risk.

- Vinyasa yoga is a fluid practice. The room averages approximately 105 degrees and humidity levels will vary. Temperatures can reach 110 degrees+
- Practicing hot yoga can lead to symptoms of dehydration, dizziness, nausea, faint, cramps, exhaustion and heat stroke. I will attempt to minimize the risks by drinking plenty of water, not eat at least 30 minutes prior to class, but will have eaten that day. I will also refrain from alcohol and drug consumption.
- I have seen a licensed physician in the past 6 months and he/she as suggested that Hot Yoga/Yoga/Pilates is not contraindicated for my health (including any preexisting condition) or any medication I am taking.
- I will disclose any health issue that could compromise my ability to practice at One Tree Hot Yoga studios safely.
- If I become pregnant, I will NOT be allowed to take Hot Yoga classes until 6 weeks after the birth of my child(ren). I can use my passes in other classes that are room temperature. Attending a hot class during my pregnancy will result in immediate forfeiture of any remaining passes or memberships I have at this studio.
- Payment is due prior to attending any class.
- Class passes are non-refundable or at the owner's sole discretion and must be used within one year of purchase unless authorized by the owner.
- I am aware that there are security cameras located in the lobby of One Tree Hot Yoga as well as in the hallway and the instructor break room.
- No checks are accepted.
- Passes/Memberships are not transferrable (except at the owner's discretion).
- Registering online guarantees me a spot (unless class is at capacity) until only 10 minutes prior to class start time. If the class has a wait-list, if I arrive after the 10 minutes before my class, I may lose my spot to those walking in or wait-listed.
- Doors are locked 5 minutes before class begins to ensure a relaxing environment.
- After the morning class or the last class of each day, the studio is only open for 30 minutes. I will conduct myself in a manner that enables the instructors to leave promptly by finishing my shower and dressing within that time frame.
- The only person authorized to modify any pass/membership to my account is the owner of One Tree Hot Yoga.
- I am aware that during class or workshops, photography or videography may be used and I am allowing my picture to be used for One Tree Hot Yoga marketing material whether print, internet or televised.
- One Tree Hot Yoga will not share my personal information such as address or email with any other company.
- Class cancellations will be posted on Facebook and/or the website and/or MINDBODY. It is my responsibility to check, although One Tree Hot Yoga will make every attempt to notify the clients if there is a need to cancel classes.

Printed Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

D.O.B.: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

