



PLEASE PRINT

832-222-YOGA (9642)

DATE OF BIRTH

OTHER CONTACT NAME & PHONE

PARENT SIGNATURE (if under 18) _____ DATE _____

- ☐ Notify the teachers of any medical issues or injuries that we should be aware of
- ☐ The studio will open 30 minutes before the class and close 30 minutes after the class.
- ☐ Be on time! There is no late admittance and no early dismissal
- ☐ All students must sign-in at the front desk every visit.
- ☐ Center your mat over the lines, place large towel over your mat, and water next to your mat.
- ☐ There is no TALKING in the yoga room. Please maintain SILENCE before, during and after the class.
- ☐ No cell phones, shoes, socks, watches, keys, purses, gum, food in the yoga room
- ☐ Water is the only beverage allowed in the room
- ☐ Deodorant is great, strong perfumes and lotions are not
- ☐ No glass bottles in the entire studio
- ☐ Take your 2nd class within 24 hours
- ☐ Have FUN!