

BIKRAM'S YOGA COLLEGE OF INDIA – BLOOMINGTON

"Tales from the Mat"

A Message From Herb and Laiki

One of the most satisfying things about teaching at Bikram Yoga Bloomington is hearing your stories - when you tell us how yoga is transforming your lives on a daily basis. We're fortunate, because as the studio's directors, we get to hear ALL of your amazing, wonderful "tales from the mat."

We've created this testimonial form in response to your requests. You've been inspired by the experiences of your fellow yogis at Bikram Yoga Bloomington we've shared, and told us you'd like to hear more.

Storytelling is a powerful way to affirm and celebrate your yoga journey, whether you do it just for yourself or choose to share it with your fellow yogis. Please know that when you do allow us to share your story, we will always do so with complete respect for your privacy. You can specify your preferences below.

Thank you so much for being part of the Bikram Yoga Bloomington community!

Your Full Name		
For your privacy, please indicate Y or N for each item in the "OK to Share?" box.		
	Please Print...	OK to Share?
Name to Appear in Print as		
Town or City Where You Live		
Practicing Bikram Yoga since		
OK to include in an album?	For in-studio use at Bikram Yoga Bloomington.	
OK to include in printed media?	For use in brochures, articles, and other printed media.	
OK to include on our website?	For use on the www.bloomingtonyoga.com site.	
OK to share in yoga class?	FYI: Your story will not be shared at any class you are in. NO names or identifying details will ever be used in class.	

Release - Please read and sign

I am sharing my yoga experiences as recorded on this testimonial form (including any attachments) with the staff and clients of Bikram Yoga Bloomington voluntarily, free of charge. I give permission for unrestricted use in accordance with the privacy preferences I have specified above only; I retain all other rights of publication. I am aware and agree that published material may be edited for length or clarity.

Signature _____ **Date** _____

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Please tell your yoga story below - use additional pages if needed.