



be green.

# LOCK YOUR KNEE PRESENTS

## 30 Day Energy Revitalization Challenge May 10<sup>th</sup> to June 9<sup>th</sup> 2009

**Registration Includes:** 30 classes valid May 10<sup>th</sup> through June 9<sup>th</sup> 2009; complimentary admission to the awards party; certificate of participation; part of the proceeds will go to help make our studio more environmentally friendly.

**Registration Fees:** registration is open to the first 100 completed registration forms & payments

- Early Registration through May 5<sup>th</sup> \$55
- Regular Registration until May 9<sup>th</sup> \$60
- Competition Start Day May 10<sup>th</sup> \$65

### Competition Details:

- All participants must complete 30 classes between May 10<sup>th</sup> & June 9<sup>th</sup> 2009
- All participants may complete up to 2 classes per day (classes over 2 per day will not count towards completion; additional class fees will apply)
- There will be no extensions or additions to the challenge package
- Current class pack will be suspended on May 10<sup>th</sup>
- Current class pack will reactivate upon completion of the 30<sup>th</sup> class or on June 10<sup>th</sup> which ever comes first
- Current class pack expiration dates will be extended upto 30 days
- All participants must personally sign into BYN software & be present in the yoga room prior to class start.
- Only the first 60 students will be allowed in any class, if you arrive after the class has been filled, you will not be able to take that class.
- Please review the details & faq's at [www.lockyourknee.com/challenge](http://www.lockyourknee.com/challenge)

**Kick Off Party:** May 10<sup>th</sup> 2P at Nimitz Studio (one year blessing; 3:30 pm class "mom's get in free")

**Awards Party:** June 13<sup>th</sup> starting at 5:30p at the Pearl Night Club (awards starting at 6p)

Complete form to Register (all participants must provide a valid email address in order to receive updates and important information regarding the challenge.)

Please Print Legibly

Name (first & last): \_\_\_\_\_ ID #: \_\_\_\_\_

Valid E-Mail Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Birth Date (mm.dd.yy) \_\_\_\_\_

Make Checks Payable To: **Bikram Yoga Nimitz** | 1130 N. Nimitz HWY ste. B-280 Honolulu, HI 96817

**Waiver: I have read and understand the waiver below:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent or Guardian if under 18 years of age:** \_\_\_\_\_

**Waiver and release statement:** I agree to comply with the rules, regulations, and event instructions of the BYN 30 Day Challenge. In consideration of my accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release from any and all claims for injuries and damages I have against Lock Your Knee Corp. dba Bikram Yoga Nimitz, the sponsors, their agents and representatives, arising out of my participation in this event, including pre- and post-activities. I ATTEST that I am physically fit. I GIVE PERMISSION for free use of my name, voice, or picture in any broadcast, telecast, advertising promotion & other account of this event.