

Agreement of Release and Waiver of Liability

I, _____ hereby agree to the following:

1. That I am participating in this yoga class during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in this yoga practice. I represent and warrant that I am physically fit and do not have any existing medical condition(s) that would prevent my full participation in the yoga class.
3. In consideration of being permitted to participate in the yoga class, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in the yoga classes, health programs, or workshops, I knowingly, voluntarily and expressly waive any claim I may have against the instructors or the owner or leaseholder of the building for injuries or damages that I may sustain as a result of participating in classes or workshops held by Shobana Mani.
5. I, my heirs, or legal representative of such forever release, waive, discharge and covenant not to sue Shobana Mani, or the leaseholder or owner of the building for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Note: Please ensure that you make use of all classes before the date of expiration as marked on your card. There are no extensions or refunds for unused classes.

Date _____ Signature of the Participant _____

If participant is under 18: As a legal guardian of this participant, I consent to the above terms and conditions.

Date _____ Signature of parent/guardian: _____