

Release of Liability Form

Yoga Classes

I acknowledge that yoga classes can involve physical movement and exercise, which may carry inherent risks. I affirm that I am in proper physical condition to participate, and I am aware of my own physical limitations. I assume full responsibility for myself during yoga sessions.

I release the instructor and facility from any and all liability, claims, or demands relating to injuries or damages that may arise during participation in these classes.

Full Name

Date

Signature

Witness Name (if required)
