

Yoga Class Liability Waiver

Release of Liability

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education, and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated.

If I experience any pain or discomfort, I will listen to my body, adjust the posture, and ask for support from the instructor. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation.

Yoga is not a substitute for medical attention, examination, diagnosis, or treatment. Yoga is not recommended and is not safe under certain medical conditions. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program.

Acknowledgement

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 class.

I acknowledge that participation in yoga classes is voluntary and I knowingly, voluntarily, and expressly waive any claim I may have against the instructor or the studio for injury or damages that I may sustain as a result of participating in classes or workshops.

Participant Information

Full Name

Email

Phone Number

Medical Conditions or Injuries

Please list any medical conditions, injuries, or concerns the instructor should be aware of:

Signature

Date