

Waiver of Liability
Yoga September 15, 2021

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Emergency Contact: _____

Emergency Contact Phone Number: _____

Limitations/Injuries: _____

If at any time during the class, you feel discomfort or strain, gently come out of the posture. You may rest at any given time during the class. It is important to listen to your body and respect its limits on any given day.

I, the undersigned, understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction, and relief of muscular tension. I understand that yoga is not a substitute for medical attention, examination, diagnosis, or treatment. I understand I should consult a physician prior to beginning any activity program, including yoga if I have a pre-existing condition or physical limitation that may be worsened by my participation. I recognize that it is my responsibility to notify my teacher of any serious illness or injury before yoga class. I will not perform any postures to the extent of strain or pain.

I accept that neither the instructor, nor the hosting facility, or sponsor, is liable for any injury, or damages, to person or property, resulting from taking the class.

Name (Print)

Signature