**Yoga Liability Waiver**

I hereby agree to the following:

1. I am participating in these classes during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion, which many be strenuous and can possibly cause injury. I am fully aware of the known risks and hazards to my health that are involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding any participation in this program. I represent and warrant that I have stipulated any current health condition that would prevent my participation in physical activities.
3. In consideration of being permitted to participate in these classes, I agree to assume full responsibility for any risks, injuries or damages, known and 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, I knowingly, voluntarily, and expressly waive any claim that I may have against the instructor, the owner, or the physical establishment for injuries or damages that I may sustain as a result of participating in the classes or workshops.
5. That if I participate in other classes or events that I will assume full responsibility for any injuries that may result from my participation, with the same considerations that this waiver stipulates above *(items 1 - 4 )*.

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

Name:

Signature: Date:

Emergency Contact: Telephone #: