

**AGREEMENT OF RELEASE AND WAIVER OF LIABILITY**

I, \_\_\_\_\_, hereby agree to the following:  
(please print)

1. That I am participating in Yoga Classes, Health Programs, or Workshops offered by \_\_\_\_\_, during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion that 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 Yoga Classes, Health Programs or Workshops. I represent and warrant that I am physically fit and I have no medical conditions that would prevent my full participation in the Yoga Classes Health Programs or Workshops
3. In consideration of being permitted to participate in Yoga Classes, Health Programs or Workshops, 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. On further consideration of being permitted to participate in Yoga Classes, Health Programs or Workshops, I knowingly, voluntarily and expressly waive any claim I may have against \_\_\_\_\_ for injury or damages that I may sustain as a result of participating in the program.
5. I, my heirs, or legal representatives forever release, waive, discharge and covenant not to sue \_\_\_\_\_ for any injury or death caused by her 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.

SIGNATURE OF PARTICIPANT:

I, \_\_\_\_\_, CONSENT TO THE ABOVE TERMS AND  
CONDITIONS ON THIS  
DATE: \_\_\_\_\_