

PLEASE READ CAREFULLY – ASSUMPTION OF RISK AND WAIVER OF LIABILITY

Yoga can be a physically demanding activity, and it is understood that there are inherent risks assumed by its participants. It is important that a participant be in reasonably good physical condition so as to prevent endangering themselves or others. **If the participant has any concerns about health conditions that may put them at risk, then they must inform the instructor of such condition prior to the commencement of any physical activity.**

I attest that I have disclosed to the instructor any medical condition that would prevent me from fully participating in the yoga classes, health programs, or workshops. _____ *Initials*

I, the undersigned, hereby understand and agree to the following:

- I am participating in the yoga classes, health programs, and/or workshops offered by MORNING GLORY YOGA, L.L.C., during which I will receive information and instruction about yoga and health. As a condition of participation, I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I fully assume all risks and hazards involved.
- I understand that it is my responsibility to consult with a physician prior to, and regarding, my participation in the yoga classes, health programs, or workshops. I represent and warrant that I am physically fit and I have disclosed to the instructor any medical condition that would prevent me from fully participating in the yoga classes, health programs, or workshops.
- In consideration of being permitted to participate in the 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 my participation.
- In further consideration of being permitted to participate in yoga classes, health programs or workshops, I knowingly, voluntarily and expressly waive any claim(s) I may have against MORNING GLORY YOGA, L.L.C., for injury or damages that I may sustain as a result of my participation.
- I, my heirs, or legal representatives, forever release, waive, discharge, and covenant not to sue MORNING GLORY YOGA, L.L.C., and its members, officers, employees, agents, representatives, sponsors, successors, and assignors for any personal injury or death caused by their negligence or acts.
- MORNING GLORY YOGA, L.L.C., is not responsible for any lost or stolen property in my possession.

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

SIGNATURE OF PARTICIPANT

DATE

If participant is less than 18 years of age:

AS LEGAL GUARDIAN OF _____, I CONSENT TO THE
ABOVE TERMS AND CONDITIONS.

SIGNATURE OF PARENT/GUARDIAN OF PARTICIPANT

DATE