

Yoga Balance

Agreement of Release and Waiver of Liability

Assumption of risk: I am aware that participation in yoga programs (yoga class, workshop or event) may be hazardous. I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury and I am fully aware of the risks of injury. The risks include, but are not limited to, falls, strains and sprains, which may result in serious injury or death. I acknowledge that it is my responsibility to consult with a physician prior to participating in this yoga program. I warrant and represent that my health and physical condition are good and that I have no medical condition that would prevent my participation in a yoga program. In consideration of being permitted to participate in a yoga program, I expressly agree and promise to accept and assume full responsibility for any risk, injury or damages, or death arising from participation in the program. My participation in any activities is purely voluntary and I am electing to participate in spite of these risks.

Release of Liability: I acknowledge that I am willingly participating in these programs and that I have assumed all risks as described above. In further consideration for being allowed to participate in the programs offered, I hereby release Yoga Balance, Inc., the instructors and the owner or leaseholder of the building from any claim that I may have and all liability, claims, demands, actions or rights of action, which are related to my participation in this program, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties. This agreement shall be binding upon me, my successors, representatives, heirs, executors, or assigns. I recognize that this release shall remain in effect from this day forward and shall apply to all programs offered by Yoga Balance, Inc. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

Indemnification: I agree to indemnify and hold harmless Yoga Balance, Inc., the instructors and the owner or leaseholder of the building from liability for the injury or death of any person(s) and damage to property that may result from my negligent or other acts or omission while participating in programs offered. I, my successors, heirs or representatives of such forever release, waive, discharge and covenant not to sue Yoga Balance, Inc., the instructors and the owner or leaseholder of the building for any injury or death caused by their negligence or other acts. I accept financial responsibility for any injury or death that I may cause either to myself or to any other participant as a result of participating in programs. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and other costs to enforce this agreement, I agree to reimburse them for such fees and costs.

I authorize any emergency treatment (i.e. first aid, CPR, AED's) that I may require and agree to bear the costs thereof, should I need any such medical treatment in connection with any programs in which I may choose to engage. If I am signing on behalf of a **minor child**, I also give full permission for any person connected with the hosting organization to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility.

I have carefully read and understood the above assumption of risk, release of liability and indemnification. I understand that by signing this form, I am waiving valuable legal rights. I have signed this release freely and voluntarily.

Signature of participant: _____ **Date:** _____

Printed Name: _____

If the participant is **under** the age of **18**,

Signature of Parent/Guardian: _____

Print Name: _____ **Date:** _____