



Release of Liability

IN CONSIDERATION for participating in THE PRACTICE OF YOGA AND OTHER PHYSICAL FITNESS ACTIVITIES and the use of equipment and facilities furnished by Yoga Union, Inc. and Balanced Practice LLC (collectively the “Releasees”) I, for myself, my personal representatives, assigns, heirs and next of kin:

- 1. ACKNOWLEDGE, agree, and represent that I understand the risks of participating in THE PRACTICE OF YOGA AND OTHER PHYSICAL FITNESS ACTIVITIES, physical activity, exercise, and stretching, as well as the use of equipment provided by Releasees, and that I am qualified, am in good health, and in proper physical condition to participate in such activity and utilize such equipment.**
 - 2. FULLY UNDERSTAND that (a) participating in such activities involves risks and dangers of serious bodily injury, including permanent paralysis and death (“Risks”); (b) These Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others, equipment failure, my own improper use or knowledge of THE PRACTICE OF YOGA AND OTHER PHYSICAL FITNESS ACTIVITIES techniques or the PRACTICE OF YOGA AND OTHER PHYSICAL FITNESS ACTIVITIES practice in general, my own improper use or knowledge the equipment provided, and/or the negligence of the Releasees, their employees, directors and owners.**
 - 3. AGREE and WARRANT that I will inform and consult with the instructors on any health concerns that may affect my ability to practice THE PRACTICE OF YOGA AND OTHER PHYSICAL FITNESS ACTIVITIES, that I will inform and consult with the instructors on any THE PRACTICE OF YOGA AND OTHER PHYSICAL FITNESS ACTIVITIES activity for which I am unfamiliar or do not understand the risks, and if I observe any conditions which I consider to be hazardous or dangerous I will immediately notify a Yoga Union, Inc. instructor and abstain from engaging in such activity.**
 - 4. FULLY ACCEPT AND ASSUME all such Risks and all responsibility for losses, costs, and damages I incur as a result of participating in activities with Releasees and utilizing its equipment and facilities.**
 - 5. RELEASE Yoga Union, Inc. and Balanced Practice LLC, their owners, directors and employees, from any and all liability arising from or related to participating in THE PRACTICE OF YOGA AND OTHER PHYSICAL FITNESS ACTIVITIES, including but not limited to negligence on behalf of the Releasees, for any physical or mental injury, death or property loss.**
 - 6. HAVE READ this agreement and fully understand its terms.**
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Printed Name

Student Signature

Date

Guardian/Parent Printed Name

Guardian/Parent Signature

Date

Email address: _____

Phone #: _____

Include me in weekly emails: **Yes** **No**