

# 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. 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 Releasee, 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 Releasee, 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 Releasee and utilizing its equipment and facilities.
5. **RELEASE** Yoga Union, Inc., 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 Releasee, for any physical or mental injury, death or property loss.
6. **HAVE READ** this agreement and fully understand its terms.

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Guardian/Parent Printed Name

\_\_\_\_\_  
Guardian/Parent Signature

\_\_\_\_\_  
Date

Email address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Include me in weekly emails:  Yes  No