



## **Waiver Release from Liability, and Indemnity Agreement**

By participating in this online yoga/movement class with Colleen O'Brien McFall, Maggie Thomas, Rebekka Mars, Valerie Ugrinow and/or a teacher from Your Yoga Team, (from now on, known as 'the yoga teacher(s)) I hereby agree to the following:

1. That I am participating in a Yoga Class/Workshop/Training/Retreat offered by the yoga teacher during which I will receive information and instruction about yoga and health. I recognize that yoga involves physical exertion, which 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 the Yoga Class/Workshop/Training/Retreat with the yoga teacher. I represent and warrant that I am physically fit, and I have no medical condition, which would prevent my full participation in the Yoga Class/Workshop/Training/Retreat.
3. In consideration of being permitted to participate in the Yoga Class/Workshop/Training/Retreat, 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 Yoga Class/Workshop/Training/Retreat.
4. In further consideration by participating in the Yoga Class/Workshop/Training/Retreat, I knowingly, voluntarily, and expressly waive any claim I may have against the yoga teacher for injury or damages that I may sustain as a result of participating in the Yoga Class/Workshop/Training/Retreat.
5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue for any injury or death caused by their negligence or other acts.
6. I understand that It is my responsibility to verbally let the Instructor know if I have any injuries that would prevent me from being adjusted or if I am uncomfortable for any reason being adjusted.
7. I have read the above release and waiver of liability and fully understand its contents. My participation in class indicates that I voluntarily agree to the terms and conditions stated above.