

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I, _____, hereby agree to the following:

1. That I am participating in Yoga Classes, Health Programs, or Workshops offered by Thousand Miles Yoga during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion and may be strenuous and may cause physical injury, and that 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 Yoga Classes, Health Programs, or Workshops. I represent and warrant that I am physically fit and I have no medical conditions which would prevent my full participation in the Yoga Classes, Health Programs, or Workshops.
3. 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 participating in the program.
4. In further consideration of being permitted to participate in the Yoga Classes, Health Programs, or Workshops, I knowingly, voluntarily, and expressly waive any claim that I may have against Thousand Miles Yoga for Injury or damages I may sustain as a result of participating in the program.
5. I, my heirs and legal representatives forever release, waive, discharge, and covenant not to sue Thousand Miles Yoga for any injury or death caused by their negligence or other acts.

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

Date

Signature of Participant

If participant is under the age of 18:

As legal guardian of _____, I consent to the above terms and conditions.

Date

Signature of Parent / Guardian of Participant

Witnessed by: _____