



The Yoga Studio

New Student Information

Name _____ Phone _____ Cell _____ Home _____
Address _____
City, State, Zip _____ DOB _____
Email _____

Agreement of Release and Waiver of Liability

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. I understand I will receive information and instruction; including verbal and physical adjustments about yoga and health. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. It is my responsibility to consult with a physician prior to my participation in the yoga class. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the yoga class. I am aware I may be physically adjusted. I agree to take full responsibility for any risks, loss, claim, injury, damage or liability, known or unknown, which I might incur as a result of participating in the program either in the studio or during a virtual class outside of the studio.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I knowingly, voluntarily, and expressly agree to accept full responsibility and assume the risk for my use of or participation in any and all classes, activities, apparatus, appliance, facility privilege or service, of any nature, which is owned or operated by The Yoga Studio, LLC. While engaging in any class or activity operated, organized, arranged or sponsored by The Yoga Studio, LLC, either on or off their premises, I shall do so at my own risk, and hold The Yoga Studio, LLC, its employees, representatives and agents, forever harmless from any and all loss, claim, injury, damage, or liability sustained or incurred by me. I specifically agree to indemnify and hold harmless The Yoga Studio, LLC as to any loss, cost, claim, injury, damage or liability, sustained or incurred by participating in the classes, or through my use of the facilities or equipment of The Yoga Studio, LLC which is caused by an act or omission, whether negligent, intentional or otherwise, of an employee, representative, or agent of The Yoga Studio, LLC in the studio or during a virtual class outside of the studio. I understand that yoga and all activities and instruction provided at The Yoga Studio, LLC includes, but is not limited to, physical movements, stretching, breathing exercises, strengthening exercises, meditation techniques, and hands-on physical adjustments for the purpose of improving alignment or understanding of movement; and that I may decline any of these options at my own choosing.

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. The Yoga Studio, LLC has put in place preventative measures to reduce the spread of COVID-19; however, The Yoga Studio, LLC cannot guarantee that you will not become infected with COVID-19. By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19. I understand that the risk of becoming exposed to or infected by COVID-19 at The Yoga Studio, LLC may result from the actions, omissions, or negligence of myself and others, including, but not limited to, The Yoga Studio, LLC staff or other clients.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury and disability), illness, damage, loss, claim, liability or expense of any kind that I may experience or incur in connection with my attendance at The Yoga Studio, LLC or participating in any The Yoga Studio, LLC classes. On behalf of myself, I hereby release, covenant not to sue, discharge and hold harmless The Yoga Studio, LLC, its staff, agents and representatives, of and from the claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of The Yoga Studio, LLC, its employees and representatives, whether a COVID-19 infection occurs before, during or after participation in any The Yoga Studio, LLC classes. I, my heirs, or legal representative forever release waive, discharge and covenant not to sue The Yoga Studio, LLC for any injury or death caused by my participation in the yoga class in the studio or during a virtual class outside of the studio. My signature below constitutes my full acceptance of this waiver.

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

Signature of Participant _____ Date _____

If Participant is Under 18:
As legal guardian of _____, I consent to the above listed terms and conditions.
Signature: _____ Date: _____

Emergency Contact Information

Name _____ Phone _____