



Liability Waiver and Release

This form covers instruction offered by Yvette Ladd at Hillsville Presbyterian Church, 172 S Main St., Hillsville, Virginia 24343.

I hereby agree to the following by signing below:

- I am participating in yoga and other movement instruction offered by Yvette Ladd. I recognize that this may require physical exertion, which may be strenuous and could result in physical injury, and I am fully aware of the risks and hazards involved.
- I understand that it is my responsibility to consult with a physician prior to and regarding participation in this activity. I represent and warrant that I am physically fit and have no medical condition that would prevent full participation in these activities.
- I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which might incur as a result of participating in the class. I agree to inform the instructor/teacher of any physical limitations, physical discomfort, and/or injuries before or during classes, and I take full responsibility for nondisclosure.
- In further consideration of being permitted to participate, I knowingly, voluntarily, and expressly waive any claim I may have against Yvette Ladd and Hillsville Presbyterian Church and their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for injury or damages I may sustain as a result of participating in this program.

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

Signature:

Date: