

Salty Dawg Yoga  
Saltydawgyoga.com  
Margaret@saltydawgyoga.com

## General Liability Waiver

Name of Participant:\_\_\_\_\_ Date:\_\_\_\_\_

Address:\_\_\_\_\_

I, \_\_\_\_\_, release Margaret Roberts of Salty Dawg Yoga from any liability or responsibility during the yoga class that I have chosen to participate in.

I hereby consent that I must take responsibility for my own practice, considering my own pre-existing conditions and believe that I am healthy enough to perform yoga poses of my choosing under the guidance of Margaret Roberts, a certified yoga instructor.

Understanding the risks and benefits of participating in a yoga class, I release Margaret Roberts from Salty Dawg Yoga harmless against any liability, disability, damages or any personal injuries (physical or psychological) that may occur as a result of participating in a yoga class held today or in the future.

Signed:\_\_\_\_\_