

RELEASE AND WAIVER OF LIABILITY

I, _____, will be participating in yoga classes offered at [LOCATION NAME], located at [LOCATION ADDRESS] (the "Premises"). I will be receiving information and instruction about yoga, fitness, and health, from a certified yoga instructor, Catherine Pigg and Aquinas Moves LLC (the "Instructor"). I understand and acknowledge that there are inherent risks associated with any exercise program, and I agree to assume full responsibility for any risks, injuries, damages, conditions, known or unknown, which I might incur or aggravate as a result of participating in these classes. I am responsible for my own safety, physical health, and well-being. I knowingly, voluntarily, and expressly waive and release all claims I may have or acquire, or which may be acquired by my heirs or assigns, against the Premises or the Instructor, for injuries, damages, or conditions caused or aggravated by reason of my participation in these classes, regardless of fault. I agree not to sue the Premises, or the Instructor based on any claims arising as a result of my participation.

I represent that I have consulted with medical professionals of my choosing and that I have been cleared to participate in the exercise program provided by the Instructor. I understand that it is my continuing responsibility to inform the Instructor of any medical conditions, injuries, surgeries, or ailments prior to my participation in each class. I understand that it is my continuing responsibility to honor my body and any limitations; to respect my medical health and take full responsibility for my own safety and the outcome of any actions I choose to take in class. Neither the Instructor nor the Premises will be held accountable for any injuries, damages, or conditions.

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.

Print Name:

Signature:

Date:

MINOR RELEASE AND WAIVER OF LIABILITY

I, _____, am the parent/guardian/legal representative for minor _____ ("Participant"), who will be participating in yoga classes offered at [LOCATION NAME], located at [LOCATION ADDRESS] (the "Premises"). The Participant will be receiving information and instruction about yoga, fitness, and health, from a certified yoga instructor, Catherine Pigg and Aquinas Moves LLC (the "Instructor"). I understand and acknowledge that there are inherent risks associated with any exercise program, and I agree to assume full responsibility for any risks, injuries, damages, conditions, known or unknown, which the Participant might incur or aggravate as a result of participating in these classes. I am responsible for the Participant's safety, physical health, and well-being. I knowingly, voluntarily, and expressly waive and release all claims the Participant has, or that I may have or acquire, or which may be acquired by my heirs or assigns, against the Premises or the Instructor, for injuries, damages, or conditions caused or aggravated by reason of the Participant's participation in these classes, regardless of fault. I agree not to sue the Premises, or the Instructor based on any claims arising as a result of the Participant's participation.

I represent that I have consulted with medical professionals of my choosing and that the Participant has been cleared to participate in the exercise program provided by the Instructor. I understand that it is my continuing responsibility to inform the Instructor of any medical conditions, injuries, surgeries, or ailments prior to the Participant's participation in each class. I understand that it is my continuing responsibility to honor the Participant's body and any limitations; to respect the Participant's medical health and take full responsibility for the Participant's safety and the outcome of any actions the Participant chooses to take in class. Neither the Instructor nor the Premises will be held accountable for any injuries, damages, or conditions.

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 on behalf of myself and the Participant.

Print Name:

Signature:

Date:
