

Yoga Class Waiver & Release of Liability

I, _____, hereby agree to the following:

1. Assumption of Risk

Participation in yoga and related activities with Oak Ridge Arts Collective (ORAC) may involve risks. By participating, I knowingly and voluntarily accept all risks, including those arising from my own actions or the actions of others, including ORAC staff, instructors, volunteers, or participants. I understand that these activities may involve physical exertion and carry the risk of injury.

2. Health & Medical Responsibility

I understand it is my responsibility to consult with a physician prior to participating in any physical activity. I represent that I am physically fit and have no medical condition that would prevent my safe participation. I acknowledge that I participate at my own discretion and risk.

I understand that I am voluntarily engaging in physical activity and assume full responsibility for my health and well-being during participation. I agree to communicate any injuries, physical limitations, or concerns directly with the instructor.

3. Instruction & Facility Acknowledgment

I understand that yoga classes held at Oak Ridge Presbyterian Church are instructed and supervised by the class instructor, Gwen Dunlap, and not by the church itself.

I acknowledge that Oak Ridge Presbyterian Church provides the physical space only and does not oversee or direct instruction, safety practices, or fitness guidance associated with the class.

4. Personal Responsibility & Physical Limits

I agree to listen to my body and respect my personal limits. I will stop participation if I feel pain, discomfort, or illness. I understand that instructors may offer hands-on adjustments or guidance, and I will communicate clearly if I do not wish to receive physical assistance.

5. Release of Liability

I hereby release and hold harmless Oak Ridge Arts Collective (ORAC), Oak Ridge Presbyterian Church, and all associated individuals—including instructors, directors, officers, staff, volunteers, contractors, and affiliates—from any and all liability, claims, demands, or causes of action arising out of my participation in ORAC activities, including those resulting from negligence to the fullest extent permitted by law.

6. Waiver of Claims

I knowingly, voluntarily, and expressly waive any claims I may have against ORAC, Oak Ridge Presbyterian Church, and their representatives for injury, damages, or loss sustained as a result of participation in these programs or activities.

7. Indemnification

I agree to indemnify and hold harmless ORAC, Oak Ridge Presbyterian Church, and their representatives from any loss, liability, damage, or costs they may incur due to my participation, whether caused by negligence or otherwise.

8. Governing Law

This agreement shall be governed by and interpreted in accordance with the laws of the State of North Carolina.

I have read and fully understand this waiver and release of liability. I understand that by signing this document, I am waiving certain legal rights. I sign this agreement voluntarily and agree to its terms.

Print Name: _____

Signature: _____ **Date:** _____