

TRY – The Running Yogi LLC Waiver of Liability

I hereby agree, covenant, and consent:

In any physical activity, risk of serious physical injury is possible and I understand there is a possibility of loss or damage to my personal property. I agree to assume all risk of such injury or loss and/or damage to my personal property and agree to not hold TRY – The Running Yogi LLC and Aliza Anderson or partners/agents responsible for any liability, loss, cost, damage, expense, claim or suit resulting from or related to my participation.

I am in good physical condition and am able to participate in physical activities without any medical restrictions.

I grant permission for first aid and/or C.P.R. to be given to me in an emergency if the emergency occurs during in person participation and I will be solely responsible for any medical costs or expenses, which may arise as a result thereof, or as a result of my participation.

Yoga and other activity is no substitute for medical diagnosis and/or treatment. I agree to assume the risk of yoga or other activity and release the teacher and TRY – The Running Yogi LLC from any liability claims. I am participating in classes or workshops with Aliza Anderson and TRY – The Running Yogi LLC and I am aware of the physical risks involved with exercise and understand it is my personal responsibility to consult with my doctor regarding my participation. I have no medical conditions that I am aware of, which would prevent me from taking part in classes or workshops, and I assume responsibility for any risk or injury I may sustain as a result of my participation.

I have read the above release and waiver of liability and understand its contents. I understand that it is my responsibility to find a pace that suits me in person or virtually. I agree to participate in all activities at my own risk. I will do all exercises and participate in all activities at my own pace and at my own risk in person or virtually.

I agree to the terms and conditions stated above.

I confirm that I am agreeing to this as an adult over the age of 18. I agree to have a parent/guardian accept/sign this waiver if I am under the age of 18.