

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. **If I experience any pain or discomfort, I will listen to my body, discontinue the activity immediately,** and ask for support from the instructor. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. I understand Yoga is not recommended and is not safe under certain medical conditions. Specifically, I have not been diagnosed nor believe I have osteoporosis which would be uncomfortable and possibly painful during Yin Yoga.

By participating in Stef Layton Yoga's online classes, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. In addition, I will make Stef aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, my participation verifies that I have my physician's approval to participate.

I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Stef Layton.

I have read and fully understand and agree to the above terms of this Liability Waiver Agreement, 2023. I am participating in Zoom classes voluntarily and recognize that my participation serves as complete and unconditional release of all liability to the greatest extent allowed by law.

