

WAIVER & RELEASE FORM

Voluntary Participation

I, the undersigned, acknowledge that I have voluntarily chosen to participate in the classes, events, workshops, online, in person or otherwise and any other activities "Activity" offered by Felicia Schmid, Asanas & MORE Yoga and The Zen Den.

I also give my permission to allow photos/videos of me be taken during class sessions to be used for marketing purposes.

Acknowledgement

I am aware that participation in these classes requires a level of physical health, strength, fitness ability and flexibility. I represent that I possess the level required to participate in this class. I am voluntarily participating in this class with the knowledge of the risks of death or injury, serious, permanent or otherwise. I assume all responsibility and liability for any and all injuries, permanent or otherwise, that I may sustain due to my participation in these activities.

Release

In consideration for participation in the class, I agree that my heirs, guardians, legal representatives and I will not make any claims against, sue or attach the property of the hosts, instructors or participants in the class. I release all such hosts, instructors or participants from all actions, causes of actions, lawsuits, claims or demands that I now have or hereafter may have for any and all personal injury, illness, loss of or damage to property associated with my participation in the class, event or activity.

I hereby release, discharge, and covenant not to sue **Felicia Schmid/Asanas & MORE Yoga/The Zen Den**, "Releasees" its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the NEGLIGENCE of the "Releasees" or otherwise, including but not limited to NEGLIGENCE RESCUE OPERATIONS; this release exculpates **Felicia Schmid/Asanas & MORE Yoga/The Zen Den** from liability for ACTS OF NEGLIGENCE RELATED AND UNRELATED TO INHERENT RISKS; this release does not represent or insinuate standards of safety or maintenance; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have carefully read this agreement and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete Release of Liability for any injuries or damages I may sustain due to classes taught by Asanas & MORE Yoga, Felicia Schmid, and all such hosts, instructors and independent contractors of such classes, events and activities at any facility or location therein.

Printed Name of Student (or Guardian if under 18): _____ e-mail _____

Signature: _____ Date: _____

Phone number: _____ Cell number (if different) _____