

SHOSHIN YOGA STUDIOS AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

RELEASE OF LIABILITY AND ASSUMPTION OF RISK AND I AGREE TO THE FOLLOWING;

That I am participating in the yoga/movement classes during which I will receive instruction about yoga/movement and health. I understand that physical exercise and training, including the use of equipment and participation in yoga/movement, is a potentially dangerous activity and involves the risk of serious injury, disability, death, and property damage. We cannot guarantee that I will not be injured

I acknowledge that these risks may result or be compounded by the actions, omissions, or negligence of any yoga instructors or others.

I recognize that the yoga/movement requires physical exertion which may be strenuous. I am fully aware of the risk and the risks involved in doing such practice in a hot, warm or cold room.

I waive and release all rights and claims and understand that it is my responsibility to consult with a physician prior to and regarding my participation in the yoga/movement classes. I represent and warrant that I am physically fit and have no medical condition which would prevent my full participation in the yoga/movement class.

I will assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the yoga/movement program.

I knowingly, voluntarily and expressly waive any claim I may have against the instructor, assistants, adjustors or Shoshin Yoga Studios for injury or damages that I may sustain as a result of participating in the yoga/movement program.

I hereby consent to receive medical treatment deemed necessary if I am injured or require medical attention during yoga training. I understand and agree that I am solely responsible for all costs related to such medical treatment and any related medical transportation and evacuation. I release, forever discharge, and hold harmless any yoga /instructors from any claim based on such treatment or other medical services.

All instructors are independent contractors. Shoshin Yoga Studios does not assume any liability for classes taught by any of the yoga instructors.

BY SIGNING, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD ALL OF THE TERMS OF THIS RELEASE AND THAT I AM VOLUNTARILY GIVING UP SUBSTANTIAL LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE ANY YOGA INSTRUCTORS OR SHOSHIN YOGA STUDIOS

Signed: _____ Date: _____

Printed Name: _____

I am the parent or legal guardian of the minor named above. I have the legal right to consent and, by signing below, I hereby do consent to the terms and conditions of this Release of Liability.

Signed: _____

Date: _____

Printed Name: _____