



## WAIVER & RELEASE AGREEMENT

In agreeing to participate in recreation and fitness activities, wellness workshops, services, retreats and events with My BodYoga LLC, I agree as follows:

I fully understand and acknowledge that wellness workshops, services, retreats and events , recreational and fitness activities have (a) inherent risks, dangers, and hazards and such exists in my use of any equipment and my participation these activities: (b) my participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death or other ailments that, could cause serious disability; (c) these risks and dangers may be caused by the negligence of myself, the negligence of the participants, the negligence of others, the negligence of My BodYoga LLC, accidents, breaches or contract, or other causes; (d) by my participation in these activities and for use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages whether caused in whole or in part by the negligence or the conduct of the representatives, contractors, employees, or volunteers for My BodYoga LLC, or by any other person.

In agreeing to participate in all activities offered by My BodYoga LLC, I acknowledge that certain injuries are possible. These include but are not limited to: minor or major bone fractures, scrapes abrasions, laceration, bruises, muscle, tendon, or ligament strains or sprains. These might be caused by: slips, falls, and other gravity-related mishaps, equipment failure, over-straining, or exceeding physical limitations, human error, disregard for guidelines, rules, and standard practice, ignorance or inattention, and environment hazard.

I, on behalf of myself, my personal representatives and my heirs, hereby voluntarily agree to release, waive, discharge, hold harmless, defend, and indemnify My BodYoga LLC and its representatives, employees, contractors, and volunteers from any claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my use of any equipment or participation in these activities. I specifically understand that I am releasing, discharging, and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the representatives, contractors, employees, and volunteers with My BodYoga LLC.

We are requiring that students arrive to begin class on-time. We do not offer refunds or transfers on any classes, workshops, retreats, trainings, events or services. Please reserve classes on-line, always sign-in at front desk with every visit.

**I HAVE READ THE ABOVE WAIVER AND RELEASE AND BY SIGNING IT AGREE, IT IS MY INTENTION TO EXEMPT AND RELIEVE MY BODYOGA LLC FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE. I UNDERSTAND OUR POLICY GUIDELINE WHEN PURCHASING AND ATTENDING THE STUDIO AND PARTICIPATING IN CLASSES AND SERVICES. PLEASE PRINT CLEARLY.**

PARTICIPANT'S NAME: \_\_\_\_\_ D.O.B. \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

PARTICIPANT'S SIGNATURE: \_\_\_\_\_

VOUCHER# \_\_\_\_\_ DETAILS: \_\_\_\_\_

**LIST ANY RESTRICTIONS AND SHARE WITH YOUR INSTRUCTOR:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PLEASE OBSERVE STUDIO ETTIQUETTE:**

Please arrive early to begin class on time.

No cell phones on the studio floor or while practicing and silence devices.

Please refrain from leaving the class early, we would appreciate you leave quietly during savasana if you should have to depart early.

Leave books, e-readers, magazines, keys, yoga bags, etc. in the designated area.

2-3 minutes before class starts there is silence. Use this time for meditation or reflection. Be mindful of someone next to you who might be meditating.

For a full list please visit: [www.mybodyyoga.com](http://www.mybodyyoga.com) Thank you!

**PARTICIPANT'S INITIALS:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**Minor Information**

I am the parent or legal guardian of \_\_\_\_\_, a minor, and on the minor's behalf, and on the behalf of all other persons or guardians of the minor, I accept the release and waiver of liability at the top of this form as inducement for allowing my child, or this minor, to participate in yoga, health related programs/workshops and classes offered by My BodyYoga LLC. I represent that I have the authority to give this release as parent/guardian.

**Signature of Parent or Guardian** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PARTICIPANT'S NAME:** \_\_\_\_\_

**NAMASTE'**