



**UNITY HUMAN PERFORMANCE, LLC and UNITY YOGA CENTER, LLC**

**RISK ASSUMPTION/LIABILITY WAIVER**



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact Name and Phone Number: \_\_\_\_\_

**WAIVER AND RELEASE OF LIABILITY EXPRESS ASSUMPTION OF RISK:**

ASSUMPTION OF RISK: I, the undersigned, am aware that there are significant risks involved in all aspects of yoga, exercise and physical training. These risks include, but are not limited to: falls, which can result in serious injury or death; injury or death due to negligence on the part of myself or other people around me; injury or death due to improper use or failure of equipment; and strains and sprains. I am aware that any of these risks may result in serious injury or death to myself. I fully acknowledge I am willing to participate in personal training and exercise with knowledge of these risks. Further, I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity or exercise while at, or under the instruction of, Unity Human Performance LLC or Unity Yoga Center, LLC (collectively, "Unity") and any of Unity's coaches, principals, agents, employees, owners, volunteers, sub-lessees, or contractors.

RELEASE: In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the exercise instruction and activities offered by Unity, I, the undersigned, hereby release Unity, and its coaches, principals, agents, employees, owners, contractors, sub-lessees, and volunteers, collectively, from any and all liability, claims, demands, actions or rights of actions, which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties.

INDEMNIFICATION: I recognize that there is a risk involved in the types of activities offered by Unity. Therefore, I accept financial responsibility for any injury that I may cause either to myself or to any other participant due to my negligence. Should Unity or its coaches, principals, agents, employees, owners, contractors, sub-lessees, or volunteers be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless Unity, and its coaches, principals, agents, employees, owners, contractors, sub-lessees, and volunteers, collectively, from liability for the injury or death of any person(s) or damage to any property that may result from my negligent or intentional act or omission while participating in activities offered by Unity at any location. This includes but is not limited to parks, recreational areas, playgrounds, beaches, and/or any area selected for exercise instruction by Unity. I have read and understand the foregoing assumption of risk and release of liability. I understand that this document obligates me to indemnify the parties named for any liability resulting from my negligent or intentional act or omission, including but not limited to the injury or death of any person or damage to property. I understand that, by signing this form, I am waiving valuable legal rights.

MISCELLANEOUS: Participants involved in any activities by Unity may be photographed or videotaped during training. The undersigned hereby consents to the use of photographs and/or videos without compensation, on the Unity website or in any editorial, promotional, social media, or advertising material produced by Unity.

By signing this waiver and release I acknowledge that I have no physical impairments, injuries, or illnesses that will endanger myself or others.

This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect. Parents/Legal Guardians must sign for anyone under the age of 18 years old participating in activities discussed above.

\_\_\_\_\_ / \_\_\_\_\_

Signature / Date