

Yoga on Stage at the Mariner

Liability Waiver & Release of Claims

I, _____, understand that I am voluntarily participating in yoga classes offered at **The Mariner**, located at 430 S. Water Street, Marine City, Michigan.

I recognize that yoga involves physical movement that may include, but is not limited to, stretching, balancing, breathing exercises, and other physical activities that could result in injury. I acknowledge that participation in yoga classes carries inherent risks, including the risk of bodily injury, strain, falls, or other physical harm.

I affirm that:

- I am physically able to participate in yoga activities.
- I have consulted with a physician or chosen not to do so regarding my participation.
- I will listen to my body and modify or stop participation if I experience pain, discomfort, dizziness, or other symptoms.
- If I am pregnant, become pregnant, or am post-natal or post-surgical, my signature verifies that I have received my physician's approval to participate.

I understand that yoga instruction is not a substitute for medical care, examination, diagnosis, or treatment. I affirm that **I alone am responsible for deciding whether to practice yoga**, and that my participation is **entirely at my own risk**. I agree that it is my responsibility to inform the instructor of any medical conditions, injuries, or limitations prior to class.

In consideration of being permitted to participate in Yoga on Stage classes, I hereby **release, waive, discharge, and hold harmless** The Mariner, its owners, employees, instructors, volunteers, agents, and representatives (including the yoga instructor) from any and all claims, demands, causes of action, or liabilities arising out of or related to my participation in these activities, including any injury, loss, or damage, whether caused by negligence or otherwise, to the fullest extent permitted by law.

I understand that classes are held in a historic building and agree to take reasonable care while entering, exiting, and moving within the space.

I acknowledge that I am responsible for my own personal belongings and that The Mariner is not responsible for lost or stolen items.

I have read and **fully understand and agree** to the above terms of this **Liability Waiver & Release of Claims Agreement**. I am signing this agreement voluntarily and recognize that my signature serves as a **complete and unconditional release of all liability**, to the greatest extent allowed by law in the **State of Michigan**. I acknowledge that by signing (or submitting electronically), I am giving up certain legal rights.

Participant Information

Full Name: _____

Date of Birth: _____

Address: _____

Phone Number: _____

Email Address: _____

Emergency Contact Information

Emergency Contact Name: _____

Relationship: _____

Emergency Contact Phone Number: _____

Participant Signature

Signature: _____

Date: _____

If Participant Is Under 18 Years of Age

I am the legal parent or guardian of _____, and I consent to the above terms and conditions on their behalf.

Parent/Guardian Name (print): _____

Signature of Parent/Guardian: _____

Date: _____