

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY FORM

By taking a class with Georgia Mamakis (Gia Yoga) you agree to the following:

1. That you are participating in the Yoga Class/Workshop, offered by Georgia Mamakis, (Gia Yoga) during which you will receive information and instruction about yoga and health. You recognize that yoga may require some physical exertion, which may be strenuous and may cause physical injury, and are fully aware of the risks and hazards involved, and that you are over the age of 18.
2. You understand that it is your responsibility to consult with a physician prior to and regarding participation in the Yoga Class or Workshop. You represent and warrant that you are physically fit and have no medical condition which would prevent your full participation in the Yoga Class/Workshop.
3. In consideration of being permitted to participate in the Yoga Class or Workshop, you agree to assume full responsibility for any risks, injuries or damages, known or unknown, which might incur because of participating in the program.
4. In further consideration of being permitted to participate in the Yoga Class/Workshop, you knowingly, voluntarily and expressly waive any claim you may have against Georgia Mamakis, (Gia Yoga), for any injury or damages that you may sustain because of participating in the program.
5. You, your heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts.
You have read the above release and waiver of liability and fully understand its contents.
You voluntarily agree to the terms and conditions stated above.