



Melinda Milton

RYT 200

Student Waiver Agreement

By registering for events such a yoga and fitness classes on <http://alora.life>, I understand that there is a possibility of physical injury and am participating at my own risk. I have chosen to join of my own free will, using my own judgment (and/or that of my physician's) that the yoga techniques demonstrated during these classes are appropriate for me. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be eliminated. If I experience any pain or discomfort, I will listen to my body and inform my teacher immediately.

I, the undersigned, understand that Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I should consult a physician prior to beginning any activity program, including yoga.

I recognize that it is my responsibility to notify my teacher of pregnancy, any serious illness, or injury before every yoga class.

I affirm that I alone am responsible for deciding whether to participate in Sound Bath experiences and/or practice Yoga and participation is at my own risk. I agree to irrevocably release and waive any claims that I have now or may have hereafter against Melinda Milton, host properties, from any liability of personal injury, disability, death, loss of property, or action of any kind for my participation in these yoga classes.