

Participant Release Form

Laura Jasper/Centered Heart Yoga and Fitness LLC

Please read and sign the following document

The undersigned recognizes the following:

1. That I am participating in yoga and/or Pilates, group classes, personal training, coaching, workshops and assisted stretching offered by Laura Jasper and Centered Heart Yoga and Fitness LLC during which I will receive information and instruction pertaining to the above stated. I recognize that yoga, Pilates, balance, Thai massage, assisted stretching, group classes, personal training, workshops and coaching all require physical exertion which may be strenuous and may cause physical injury and I am fully aware of the risks and hazards involved.
2. When participating in Private or group sessions, classes, workshops, yoga, fitness, coaching, assisted stretching, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the programs and from Laura Jasper and Centered Heart Yoga and Fitness LLC services.
3. I understand that Laura Jasper may physically adjust me in a session, class, workshop and I release Laura Jasper and Centered Heart Yoga and Fitness LLC from any claim whatsoever on account of adjustments, treatment or service rendered during my participation of services by Laura Jasper.
4. In participation of yoga, personal training, assisted stretching, coaching, I knowingly voluntarily, and expressly waive any claim I may have against Laura Jasper and Centered Heart Yoga and Fitness LLC for injury or damage that I may sustain as a result of participating in the services Laura Jasper provides.
5. I, my heirs, or legal representatives forever release, waive, discharge and covenant not to sue Laura Jasper and Centered Heart Yoga and Fitness LLC for any injury or death caused by her negligence or other acts.

I have read the above release and waiver of liability and fully understand and agree with the contents. I voluntarily agree to the terms and conditions stated above.

Signature _____

Date _____

Location _____

Thank you for filling out the forms to the best of your knowledge and ability. Please be confident that your answers are private and confidential between yourself and Laura Jasper of Centered Heart Yoga and Fitness LLC.