



RELEASE OF LIABILITY

Please read the following form carefully. Your signature at the bottom signifies you have read and understand the content of this form.

I, the undersigned, am fully aware that participation in yoga classes includes but is not limited to, participation in the performance of various yoga postures, meditation techniques and breathing techniques. Yoga practices exercise every part of the body; stretching and toning muscles, joints and ligaments; lengthening the spine, aligning the entire skeletal system, effecting neuroendocrine changes and strengthening muscles. I understand that all yoga exercises may not be appropriate for everyone. By signing below I am acknowledging my accord with the conditions below:

- *I have informed the instructor of any pre-existing conditions, recurring injuries and any and all other health conditions as they arise and that this information is held in the strictest confidence.*
- *I have consulted my physician prior to beginning a yoga practice OR I deem myself fit to perform yoga practice.*
- *I agree to accept gentle adjustment in the course of my yoga practice/training.*

☐ Yes ☐ No

I understand that yoga is a highly individual and non-competitive activity and I am fully responsible for the quality of my yoga experience. I agree to respect my body's limitations as I proceed through the practice of yoga. By signing my name below, I acknowledge that participation in yoga classes may expose me to the risk of personal injury. I am fully aware of said risk and hereby release Silver Lotus Yoga – Tx, Boomers Living Well and Linda Stevens from any and all liability, negligence or other claims arising from or in any way connected with my participation in yoga classes or workshops. My signature further acknowledges that I shall not now or at any time in the future bring any legal action against Silver Lotus Yoga – Tx, Boomers Living Well, or Linda Stevens and that this waiver is binding on me, my heirs, my spouse, my children, my legal representatives, my successors and my assigns. If I am pregnant or become pregnant or am post-partum, my signature verifies that I am participating in yoga classes with my physician's approval and that I have informed the instructor of my condition. I realize that I am participating in yoga classes at my own risk. My signature also gives Silver Lotus Yoga – Tx, Boomers Living Well and Linda Stevens permission to use any audio, video, or photo materials in which I am present for promotional purposes without any additional release on my part. My signature is binding to this liability waiver from this day forth.

Signature _____

Printed Name _____

Email _____ Phone _____ Date _____