

# Yoga Class Release of Liability

This Yoga Class Release of Liability (   Agreement  ) is executed by the participant (   Participant  ) for the purpose of attending and participating in yoga classes provided by the Instructor and/or Studio.

## Assumption of Risk

I acknowledge that participation in yoga classes involves physical activity and carries inherent risks of physical injury. I certify that I am in good health and able to participate, and I understand the nature of yoga activities.

## Release and Waiver

In consideration of being allowed to participate in yoga classes, I hereby assume all risks and release, waive, discharge, and covenant not to sue the Instructor and Studio from any liability, claims, demands, or causes of action related to injury, illness, accident, or damages arising from my participation.

## Medical Disclosure

I agree to inform the Instructor before class of any physical conditions or limitations that may affect my practice. I understand that it is my responsibility to consult with a physician regarding my participation.

## Participant Information

Full Name

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Date

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Signature

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## Emergency Contact

Name & Phone

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