

Spirit House

Yoga Waiver and Release

*Please note, all of the information on this form is kept confidential.

Registrant details:

Name: _____

Address: _____

Email: _____

Emergency Contact/Phone number: _____

Waiver and Release

If at any time during the class, you feel any discomfort or strain, gently come out of the posture. You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day.

I, the undersigned, understand that yoga is not a substitute for medical attention, examination, diagnosis, or treatment. I understand that 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 any serious illness or injury before every yoga class. I will not perform any postures to the extent of strain or pain.

I accept that neither the instructor, nor the hosting facility, is liable for any injury, or damages to person or property, resulting from taking the class.

I knowingly, voluntarily and expressly waive any claim I may have against the instructor (Tiffany Goodman) and hosting facility (Hanai Event Center) for any injury, death, or damages that I may sustain as a result of participating in this yoga class, workshop, or session, including loss that may have been caused by the negligence of the released party.

I release the instructor (Tiffany Goodman) and hosting facility (Hanai Event Center) from any and all liability, claim, demand or action I have related to loss, theft or damage to my personal property while at this facility.

I, my heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts.

If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, then the remainder of this waiver and release from liability shall remain in full force and effect and the offending provision severed here from.

I have read the above waiver and release of liability and fully understand its contents. I am 18 years of age or older and voluntarily agree to the terms and conditions stated above.

Name (print): _____

Signature: _____

Date: _____