



Agreement of Release and Waiver of Liability

First Name: _____ Phone number: _____

Last Name: _____ Email address: _____
(for sales & newsletters)

Address: _____ Birthday (MM/DD/YYYY): _____

City: _____ How did you hear about us? _____

Postal Code: _____ Emergency Contact: _____

Emergency Contact Tel#: _____

Primary reason for visiting us: _____

Please list any injuries, surgeries, ailments, medications or medical conditions that the instructors should be aware of: _____
and inform them of the above.

During the class, our instructors may use a hands-on adjustment to help you better understand a posture. If you DO NOT want a physical adjustment, inform the instructor before EACH class.

You are aware that there are risks associated with participating in Fitness activities and exercise. Your participation is completely voluntary, and you freely accept and fully assume all responsibility for all risks, and all possibilities of personal injury, death, property damage or loss to yourself or any other person as a result of your participation in fitness activities. You and your heirs, next of kin, executors, administrators and assigns agree:

- to waive all claims, known or unknown, that you have or may have in the future against The Yoga Loft, including their owners, officers, directors, agents, employees, volunteers, business operators, independent contractors and site property owners or lessees (the "organization");
- that The Yoga Loft is not liable or responsible for any damage to, loss or theft of your property;
- to release and forever discharge The Yoga Loft from all liability for any personal injury, death, property damage or loss resulting from your participation in fitness activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake in error of judgment of The Yoga Loft; and
- to be liable for and to hold harmless and indemnify The Yoga Loft from all actions, proceedings, claims, damages, costs demands, including court costs on a solicitor and own client basis, and liabilities of whatsoever nature or kind arising out of or in any way connected with your participation in fitness activities.
- It is my responsibility to ascertain there is no medical reason to prevent my participation in the practice of any type of program offered at the Yoga Loft.
- As consideration for being allowed to participate in any classes or activities at The Yoga Loft or off-premise locations (to include, but not limited to, workshops and retreats), I release The Yoga Loft, its owners, instructors, or any other person or entity in any way involved therewith from any and all claims arising out of my participation.
- I recognize that the agreement of release and waiver of liability is a legal contract and that, by reading it carefully, I have complete knowledge of its contents.

Please consult your physician prior to starting an exercise or fitness program, and prior to using the Facility.

I have carefully read and fully understand and agree with the above legal contract and sign it of my own free will and I am over the age of 18.

Participant signature _____ Date: _____

If the participant is under 18 years of age:

As legal guardian I consent to the above conditions and terms.

Signature of parent / guardian _____ Date: _____