



Yoga Release Form and Waiver of Liability

Please read carefully:

I hereby agree to the following:

1. I am participating in the yoga classes offered by Mary Kay Holmes, dba MKHYOGA, during which I will receive information and instruction about yoga. I recognize that yoga requires physical exertion, which may be strenuous, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the yoga classes. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the yoga classes. I agree to stop participating in class if I feel pain or apprehension with any activity or movement and will alert the instructor.
3. In consideration of being permitted to participate in the yoga classes, 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 yoga classes.
4. In further consideration of being permitted to participate in the yoga classes, I knowingly, voluntarily and expressly waive any claim I may have against Mary Kay Holmes, dba MKHYOGA, for injuries or damages that I may sustain as a result of participating in the yoga classes.
5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Mary Kay Holmes, dba MKHYOGA, for any injury, damage or death caused by their negligence or other acts.

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

Date

Signature of Participant