

# Liability Waiver

## **Voluntary Participation**

Before participating in this or any other exercise program, individuals should consult with a physician. I, the undersigned, acknowledge that I have voluntarily chosen and requested to participate in the yoga class, workshop, event, or retreat held by Allison Homer and Rising Heights.

## **Acknowledgment**

I am aware that participation in the yoga class, workshop, event, or activity may be hazardous. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required. I represent that I possess the level of health, strength, fitness, and flexibility necessary to participate in these activities. I understand and acknowledge that in the context of a yoga class teachers may physically adjust and correct the student and should I not wish this to happen, it is my responsibility to notify the teacher at the start of the class. I am voluntarily participating in these activities with knowledge of the risks of injury. I assume all responsibility and liability for any and all injuries I may sustain due to my participation in these activities.

## **Release**

In consideration for being permitted to participate in the yoga class, workshop, event, or activity, I agree that I, my heirs, assignees, guardians, and legal representatives will not make any claim against, sue, or attach the property of, any of the hosts, instructors, organizers, or participants in the yoga class, workshop, event, or activity including but not limited to Rising Heights, for injury or damage resulting from my participation in such yoga class, workshop, event, or activity. I release all such hosts, instructors, organizers, and participants, their agents and heirs, from any and all actions, causes of action, lawsuits, claims, or demands that I, my assignees, heirs, guardians, and legal representatives now have or hereafter may have for any and all injury, illness, loss of or damage to property associated with my participation in the yoga class, workshop, event, or activity. I have carefully read this agreement and fully understand its contents. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to yoga classes, workshops, events, and activities with Hot/Bikram Yoga and all such hosts, instructors, organizers, and participants.

## **Photography/Filming**

We reserve the right to photograph or film during our classes and to use these images for our website and marketing purposes. By entering into this agreement I agree that it is my responsibility to make myself known should I not wish to be photographed or filmed.

**Under 18s**

If the account is for a person under the age of 18, I confirm that the contact details given here are for someone over 18.

**First and Last Name** \_\_\_\_\_

**Email** \_\_\_\_\_

**Phone Number** \_\_\_\_\_

**Signature** \_\_\_\_\_

**Date of Sign** \_\_\_\_\_