

YOGA by the SEA

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I, (PARTICIPANT signed below), hereby agree to the following:

1. That I am participating in the classes offered by YOGA by the SEA during which I will receive information and instruction about yoga, T'ai Chi Chih, health and related activities. I recognize that the classes offered by YOGA by the SEA require physical exertion that may be strenuous and may cause physical injury, 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 classes offered by YOGA by the SEA. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the classes offered by YOGA by the SEA.
 3. In consideration of being permitted to participate in classes offered by YOGA by the SEA, I agree to assume a full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
 4. In further consideration of being permitted to participate in classes offered by YOGA by the SEA and its instructors, I knowingly, voluntarily and expressly waive any claim I may have against YOGA by the SEA and its instructors for injury or damages that I may sustain as a result of participating in the program.
 5. I, my heirs or legal representatives' forever release waive, discharge and covenant not to sue YOGA by the SEA and its instructors for any injury or death caused by their negligence or other acts.
 6. This release expressly: 1) covers any allegedly negligent acts/omissions; and 2) waives the provision of the California Civil code, Section 1542, which provides: "A general release does not extend to claims which the creditor does not know or suspect to exists in his favor as the time of executing the release, which if known by him must have materially affected his statement with the debtor."
 7. I understand that I may refuse to do any exercise and activities which I feel I may not be physically capable of and/or may cause harm. It is my responsibility to determine what exercise I am capable to perform and those that I am not. I will not hold YOGA by the SEA and any of its instructors responsible for any injuries I may receive in their class.
- 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.***

Email Subscription to YbtS Newsletter: _____

Print Name: _____

_____ _____
SIGNATURE OF PARTICIPANT *DATE*

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*If a participant is under 18 years old:*  
*AS LEGAL GUARDIAN OF* \_\_\_\_\_  
*I CONSENT TO THE ABOVE TERMS AND CONDITIONS.*

\_\_\_\_\_  \_\_\_\_\_  
*SIGNATURE of PARENT/GUARDIAN of PARTICIPANT* *DATE*