

## AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

1.10.1

*Below is a **sample** of a release form that you may choose to use as a template. Not all teachers choose to request this of their students, however we do recommend it as a “best practice” in the business of yoga.*

I, \_\_\_\_\_, hereby agree to the following:

1. That I am participating in the Yoga Classes, Health Programs, Trainings or Workshops offered by *\_(insert your name here)\_* during which I will receive information and instruction about yoga and health. I recognize that yoga requires 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 Yoga Classes, Health Programs, Trainings or Workshops. 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, Health Programs, Trainings or Workshops.
3. In consideration of being permitted to participate in Yoga Classes, Health Programs, Trainings or Workshops, 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 program.
4. In further consideration of being permitted to participate in Yoga Classes, Health Programs, Trainings or Workshops, I knowingly, voluntarily and expressly waive any claim I may have against *\_(insert your name here)\_* 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 *\_(insert your name here)\_* for any injury 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.

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DATE

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SIGNATURE OF PARTICIPATE