



AGREEMENT OF RELEASE AND WAIVER OF LIABILITY FORM

I HEREBY AGREE TO THE FOLLOWING:

I am participating in one or more of the following: YOGA class/workshop and/or STAND UP PADDLE BOARD YOGA class/workshop/training/retreat offered by Yoga to You LLC, during which I will receive information and instruction about yoga and health. I recognize that YOGA/SUP YOGA may require some physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I acknowledge, appreciate, and agree that the risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment and personal discipline may reduce this risk, the risk of serious injury does exist. I acknowledge that I have adequate swimming skills and that to be able to participate in SUP YOGA offered by Yoga to You LLC, it is a requirement that the individual can swim and be comfortable in all depths of water. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the YOGA or SUP YOGA class/workshop/training. I represent and warrant that I am physically fit and I have no medical condition which I have read the above would prevent my full participation in the YOGA/SUP YOGA class/workshop/training/retreat. In consideration of being permitted to participate in the YOGA/SUP YOGA class/workshop/training/retreat, 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. In further consideration of being permitted to participate in the YOGA/SUP YOGA class/workshop/training/retreat, I knowingly, voluntarily and expressly waive any claim I may have against Yoga to You LLC, its owners and class/workshop/training/retreat employees and contracted individuals, for any injury or damages that I may sustain as a result of participating in the program. I understand that Yoga to You LLC and its employees may take photographs, videos, or audio recordings. I grant permission for the use of this media for promotional purposes and understand that there will be no financial remuneration for the use of media. I, my heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts. I have read the above release and waiver of liability and fully understand its contents as well as the Refund/Cancellation and Rescheduling Policies. I voluntarily agree to the terms and conditions stated above. This waiver may not be modified in any way. If any part of this waiver is determined to be invalid by law, all other parts of this waiver shall remain valid and enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT.
I FULLY UNDERSTAND ITS TERMS, FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

_____	_____
Participant Full Name	Participant Phone Number
_____	_____
Participant Signature	Date of Signature
_____	Consent to Email Newsletter? (circle one) Yes No
Participant Email Address	

PLEASE PROVIDE AN EMERGENCY CONTACT (NAME, RELATIONSHIP, PHONE NUMBER):

IF PARTICIPANT IS UNDER 18, A LEGAL GUARDIAN'S AUTHORIZATION IS REQUIRED:

_____	_____
Legal Guardian Signature	Date of Signature
_____	_____
Legal Guardian Full Name	Legal Guardian Email Address