



## Agreement of Release and Waiver of Liability

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

1. That I am participating in the yoga classes, health programs or workshops offered by Trails Within during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion and may be strenuous or cause physical injury. 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 or workshops at Trails Within. 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 or workshops.
3. In consideration of being permitted to participate in yoga classes, health programs 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 or workshops, I knowingly, voluntarily and expressly waive any claim I may have against Trails Within 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 Trails Within for any injury or death caused by their negligence or other acts.
6. I understand that Trails Within is in no way responsible for the safekeeping of my personal belongings while I attend classes.

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.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed: \_\_\_\_\_

If under 18 years old, signature of parent or guardian: \_\_\_\_\_