



Release Form

"I HAVE ENROLLED IN A PROGRAM OF HATHA YOGA CONSISTING OF PHYSICAL AND MENTAL ACTIVITY WHICH INCLUDES CONDITIONING EXERCISES, YOGA POSTURE FLOW, BREATHING EXERCISE, RELAXATION RESPONSE TECHNIQUES, AND MINDFULNESS MEDITATION (FOCUS & AWARENESS) OFFERED BY **LOTUS YOGA CENTER**. I AFFIRM THAT I AM IN GOOD PHYSICAL CONDITION AND DO NOT SUFFER FROM ANY DISABILITY WHICH WOULD PREVENT ME FROM PARTICIPATING OR LIMIT MY PARTICIPATION IN THIS YOGA PROGRAM."

"IN CONSIDERATION OF MY PARTICIPTION IN THE LOTUS YOGA PROGRAM, I, FOR MYSELF, MY HEIRS AND ASSIGNS, HEREBY RELEASE **LOTUS YOGA CENTER**, IT'S TEACHERS AND ASSISTANTS, FROM ANY CLAIMS, DEMANDS AND CAUSES OF ACTION ARISING FROM MY PARTICIPATION IN THE YOGA PROGRAM."

"I FULLY UNDERSTAND THAT IF I MAY INJURE MYSELF AS A RESULT OF MY PARTICIPATION IN THE LOTUS YOGA PROGRAM, I AM FULLY RESPONSIBLE FOR MY OWN EXPERIENCE. I HEREBY RELEASE LOTUS YOGA CENTER FROM ANY LIABILITY NOW OR IN THE FUTURE, INCLUDING BUT NOT LIMITED TO: HEART ATTACKS, MUSCLE STRAINS, TISSUE PULLS OR TEARS, BROKEN BONES, SHIN SPLINTS, HEAT EXHAUSTION, KNEE/FOOT/LOWER BACK INJURIES, OR ANY OTHER ILLNESS, SORENESS, OR INJURY OCCURING DURING AND/OR AFTER MY PARTICIPATION IN THE YOGA PROGRAM HERE AT **LOTUS YOGA CENTER**."

"I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE."

NAME (PLEASE PRINT)

SIGNATURE

DATE