



## YOGA CLASS | STUDENT WAIVER AGREEMENT

I, \_\_\_\_\_ (print name) understand that yoga is a form of exercise, and includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension.

Participation in yoga class includes, but is not limited to participation in meditation techniques, yogic breathing techniques, and performing various yoga postures. Yoga incorporates sustained stretching to strengthen muscles and increase flexibility. It is the responsibility of the student to understand and be aware of their physical limitations.

As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. My signature below acknowledges I understand that in yoga class I will progress at my own pace. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. If at any point I feel overexertion or fatigue, I will respect my body's limitations and I will rest before continuing yoga practice, or elect to stop activity.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against my teacher, Leslie Wolfe (Playful Hearts Yoga, LLC).

By signing my name below, I acknowledge that participation in yoga classes exposes me to a possible risk of personal injury. I am fully aware of this risk and hereby release Leslie Wolfe and Playful Hearts Yoga LLC from any and all liability, negligence or other claims arising from or in any way connected with my participation in yoga class.

My signature further acknowledges that I shall not bring legal action against Playful Hearts Yoga LLC or any of its subsidiaries at any time. I shall not now or at any time in the future bring any legal action against Leslie Wolfe; and that this waiver is binding on me, my heirs, my spouse, my children, my legal representatives, my successors and my assigns. My signature verifies that I am physically fit to participate in yoga classes and a licensed medical doctor has verified my physical condition for participation in this type of class.

If I am pregnant or become pregnant or am post-natal, my signature verifies that I am participating in yoga classes with my doctor's full approval. I realize that I am participating in yoga classes at my own risk. My signature is binding to this liability waiver from this day forth.

\_\_\_\_\_  
*Signature of student, parent or guardian*

\_\_\_\_\_  
*Date*