

Softyoga.ca

Nancy Smith

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I hereby voluntarily agree to the following:

I understand that any yoga, movement or fitness class and/or private yoga instruction includes physical movements and breathing techniques that may not be suitable for all conditions. As is the case with any physical activity, the risk of injury is always present and cannot be entirely eliminated. I am fully aware of the risks and hazards involved. If I experience any pain or discomfort, I will listen to my body, adjust or stop the movement and ask for support from teacher. I will continue to breathe smoothly.

I understand that it is my responsibly to consult with a physician prior to and regarding my participation in any physical classes, 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. I knowingly, voluntarily and expressly waive any claim I may have against Softyoga.ca or Nancy Smith for injury or damages that I may sustain as a result of participating in the program.

I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Nancy Smith and/or Softyoga.ca.

NAME _____ PHONE _____

SIGNATURE _____ DATE _____

EMAIL _____

EMERGENCY CONTACT NAME _____

CONTACT'S PHONE _____