Release of ONLINE Liability Waiver, YAA

In consideration of being allowed to participate in any way in The Yoga Association of Alberta's (YAA) programs, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. I, _____, fully understand that I am participating in unsupervised, guided, ONLINE classes at my own risk. The risks of injury from the activities involved in ONLINE programs are possible, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of injury and illness do exist; and,
2. I believe that I am in reasonable physical condition and I shall inform the instructors of any medical or psychological conditions, injuries, or limitations (including known or suspected pregnancy), both past and present that may affect my ability to participate in the programs; and,
3. I understand, accept and consent to reasonable verbal adjustments as deemed necessary by the instructor. I agree to follow instructions carefully and to immediately stop any activity that causes me any unacceptable discomfort, emotional distress or pain, even if I am instructed to do so by the instructor. I will report this to the instructor immediately; and,
4. I knowingly and freely assume all physical and legal risks, both known and unknown, even if arising from the negligence of The Yoga Association of Alberta, providers, or others, and assume full responsibility for my participation; and
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and indemnify The Yoga Association of Alberta, their officers, directors, officials, agents, members, instructors, assistants, and/or employees, staff, other participants, contractors, sponsoring agencies, sponsors, advertisers, (collectively referred to as "Providers") with respect to any and all injury (physical, emotional or mental), illness, disability, death or loss or damage to person or property, whether arising from the negligence of the providers or otherwise, to the fullest extent permitted by law; and,
6. I, the undersigned, have read this release of liability and fully understand that these program activities have inherent risks involved, and I am fully aware of the nature of these risks, but waive rights, claims, cause of action, etc. as heretofore enumerated, and do hereby assume the risk and sign it freely and voluntarily without any inducement.

_____	_____	_____
Print Name	**Signature**	**Date**

Mark here is you do not want to receive Commercial Electronic Emails ___