

Yoga Teacher Liability Student Waiver Agreement

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction 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 postures, or asanas, are designed to exercise every part of the body—stretching and toning the muscles and joints, the spine and the entire skeletal system. They also work on the internal organs, glands and nerves. Yoga incorporates sustained stretching to strengthen muscles and increase flexibility. Yoga is an individual experience.

In consideration of the risk of injury while participating in Yoga (the “Activity”), and as consideration for the right to participate in the Activity, I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily enter into this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in the Activity, and do hereby release and forever discharge Hanna Brethower, located at Lauderdale by the Sea, FL 33308, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for any physical or psychological injury, including but not limited to illness, paralysis, death, damages, economical or emotional loss, that I may suffer as a direct result of my participation in the aforementioned Activity, including traveling to and from an event related to this Activity.

I affirm that I alone am responsible to decide whether to practice yoga and understand that yoga is not a substitute for medical examination, diagnosis, or treatment.

If I am pregnant, become pregnant, or am post-natal, my signature verifies that I am participating in yoga classes with my doctor’s full approval and realize that I am participating in yoga classes at my own risk.

I agree to indemnify and hold harmless Hanna Brethower against any and all claims, suits, or actions of any kind whatsoever for liability, damages, compensation, or otherwise brought by me or anyone on my behalf, including attorney’s fees, medical care and treatment and any related costs, if litigation arises pursuant to any claims made by me or by anyone else acting on my behalf. If Hanna Brethower incurs any of these types of expenses, I agree to reimburse Hanna Brethower.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of Hanna Brethower, its agents, and employees.

I acknowledge that I have carefully read this waiver and release and fully understand that it is a release of liability. I expressly agree to release and discharge Hanna Brethower and all of her affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I otherwise have to bring a legal action against Hanna Brethower for personal injury or property damage.

I affirm that I am 18 years or older and that I am freely signing this agreement. I certify that I have read this agreement, that I fully understand its content and that this is a release of liability and a contract and that I am signing it of my own free will.

Signature of participant

Date

Name of participant (print clearly)

Preferred method of contact (please select at least one)

Email: _____ *Phone:* _____