



AGREEMENT OF RELEASE & WAIVER OF LIABILITY

NAME _____

ADDRESS _____

PHONE : DAY _____ EVENING _____

EMAIL _____

LIST ALL PRESENT PHYSICAL AND MENTAL PROBLEMS AND BRIEF SYNOPSIS OF PAST PROBLEMS. CONTINUE ON BACK IF NECESSARY.

I, The above named person, being above age eighteen, hereby acknowledge, understand and agree to release the Boise Yoga Center, on behalf of myself, my heirs, and personal representatives and estate as follows:

1. That I am participating in the Yoga Classes, Health Programs or Workshops offered by The Boise Yoga Center during which I will receive information and instruction about Yoga and Health. I recognize that Yoga requires physical exertion which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I agree to take full responsibility for my actions.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Yoga Classes, Health Programs or Workshops, as it relates to any health condition that I may have. I understand that I am responsible for my own health and well being, and that I will be learning to listen to my own body.

3. 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 programs at the Boise Yoga Center . I hereby voluntarily release and forever discharge The Boise Yoga Center, its agents or employees from any and all liability , claims, demands, or actions which are in any way connected with my participation in classes at the Boise Yoga Center.

4. I further agree and promise to hold harmless The Boise Yoga Center and it's instructors from all defense costs, including attorney's fees, or from any other costs incurred in connection with claims for bodily injury or property damage which I may negligently or intentionally cause to third parties in the course of my participation in the practice.

DATE: _____

SIGNATURE OF PARTICIPANT _____

IF A MINOR, SIGNATURE OF PARENT/GUARDIAN _____