

## RELEASE AND WAIVER OF LIABILITY

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.

By my signature hereunder, I enter the moonglow yoga class (“Class”) taught by various instructors from the area of Pennsylvania. I understand there are obvious known dangers inherent in the activities in the Class, and I affirm that I am in proper physical condition to participate in this Class. I KNOW THAT I AM HELD TO UNDERSTAND AND APPRECIATE THE DANGERS IN PARTICIPATING IN THIS CLASS, AND I VOLUNTARILY ASSUME THESE RISKS. Therefore, in consideration of this Class, and based upon my representation that I am in proper physical health and conditioning to participate in this Class, and have been cleared from my physician to participate in this Class, I agree:

1. To assume all risk of injury to myself and all risk of damage to and loss of my property arising out of my participation in this Class;
2. To release and forever discharge Moonglow, Melanie Alexander and instructors from any and all liability for any injury, including death, and for property damage or loss which may be suffered by me, arising out of or in any way connected with my participation in this Class; and,
3. For myself, my heirs, executors, and assigns, to indemnify and hold harmless moonglow yoga, and Melanie Alexander from any and all liability, claims, demands, actions, loss and damage arising out of my participation in this Class.

Do you have any of the following physical conditions?

Diabetes  Any heart condition  High Blood Pressure  Glaucoma  
 Neck or other back problems  Sciatica  Latex Allergy  Other: \_\_\_\_\_

*(If any items above checked, please explain on the back of this sheet.)*

What days are best for you to come to the studio?

Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday

What time of day works best for you?

6 am  8am  noon  4:30pm  6pm  6:30pm  7pm Other time? \_\_\_\_\_

What kinds of classes do you like to take?

Gentle Yoga  Vinyasa Flow  Heated Vinyasa  Yoga with Weights  Yoga Fusion  
 Hot Yoga with Weights  Beginner Yoga  Meditation Other? \_\_\_\_\_

What would you like to see added to our schedule?

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND MOONGLOW YOGA (MELANIE ALEXANDER), AND I SIGN IT OF MY OWN FREE WILL.

Date \_\_\_\_\_

Printed Name of Participant \_\_\_\_\_

Email Address of Participant \_\_\_\_\_

Signature of Participant \_\_\_\_\_

**If Participant is under 18 years of age:**

As Legal Guardian of \_\_\_\_\_ (Participant),

I consent to the above terms and conditions. Date \_\_\_\_\_

Signature of Parent/Guardian of Participant \_\_\_\_\_

**Emergency Contact: Name** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_