

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 yoga, and Melanie Alexander 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.)

Have you ever taken a yoga class before? Yes No

If Yes, how long have you been practicing yoga? _____ What types of yoga have you practiced? _____

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 _____

Address 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:** _____