

YOGA WAIVER OF LIABILITY & PERSONAL INFORMATION

- 1) I understand that yoga involves some physical exertion and stretching, and I agree to take full responsibility for not exceeding my limits in the practice of yoga and for any injury or discomfort I might experience in the practice of yoga. As is with any physical activity, the risk of injury is always present and cannot be entirely eliminated. I understand yoga is not a substitute of medical attention, examination, diagnosis, or treatment.
- 2) I, the undersigned participant, accept all risks associated with my participation in yoga; and in consideration of my acceptance into the yoga program, I hereby agree and irrevocably release Lynda Spalding and Rideau Park United church of Ottawa, Ontario, a registered charity, from any claim, liability, or obligation arising out of or connected with my participation in the yoga program, whether now existing or hereafter arising, and I agree to indemnify and hold harmless Lynda Spalding and Rideau Park United church, a registered charity, for any loss or liability arising out of or connected with my participation in yoga.

FALL Session:

Signature _____

Printed Name _____

Email _____ PH# _____

Date _____

Emergency Contact _____ PH# _____

Doctor _____ PH# _____

Have you practiced yoga before? _____ For How Long? _____

Personal Goals for taking this class: _____

Please List or Circle any Current/Past Health Conditions and / or Surgeries for Teaching & Emergency Purposes:

Asthma, Arthritis, Blood Pressure, Diabetes, Epilepsy, Glaucoma, Heart Disease, Hip Replacement, Knee Replacement, Low Bone Density, Migraines, Stroke, Vertigo, Cancer / Kind, and/or Other: _____

***Please Check with your doctor if you have health concerns.
The above information is kept strictly confidential.***