

Rebecca Whiteley Yoga Liability Release for Private Yoga Sessions

Participant Information for Private Yoga with Rebecca Whiteley

I, _____ (please print your name), acknowledge that yoga involves physical movements and provides an opportunity for relaxation, stress reduction, and muscular tension relief. I understand that I will receive information and instruction, including verbal and physical adjustments, about yoga and health. Like any physical activity, the risk of injury, even serious or disabling, is always present and cannot be eliminated. It is my responsibility to consult with a physician before participating in the yoga class.

I declare and guarantee that I am physically fit and do not have any medical condition that would prevent my full participation in the private yoga class. I am aware that I may receive physical adjustments. I agree to assume full responsibility for any risks, losses, claims, injuries, damages, or liabilities, known or unknown, that I might incur as a result of participating in the program.

Yoga should not replace medical attention, examination, diagnosis, or treatment. Yoga may not be recommended or safe under certain medical conditions. I affirm that I alone am responsible for deciding whether to practice yoga. I knowingly, voluntarily, and expressly agree to accept full responsibility and assume the risk for my use of or participation in any and all classes, activities, apparatus, appliances, facilities of any nature, owned or operated by Rebecca Whiteley, while engaging in private yoga with Rebecca Whiteley. I understand that I do so at my own risk and will hold Rebecca Whiteley, her employees, representatives, and agents, harmless from any and all loss, claim, injury, damage, or liability sustained or incurred by me. I specifically agree to indemnify and hold harmless Rebecca Whiteley for any loss, cost, claim, injury, damage, or liability, sustained or incurred by participating in the classes, or through my use of her facilities or equipment, caused by an act or omission, whether negligent, intentional, or otherwise, of an employee, representative, or agent of Rebecca Whiteley.

I, my heirs, or legal representatives forever release, waive, discharge and covenant not to sue Rebecca Whiteley for any injury or death caused by my participation in the yoga class. My signature below signifies my complete acceptance of this waiver. I have read this release and liability waiver and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Participant's Signature _____ Date _____