



## RELEASE & WAIVER OF LIABILITY AGREEMENT

I, ..... understand that my participation in yoga classes at Tree Natural Concept, will involve performing various yoga postures. I acknowledge that participating in such classes will require physical exertion, may be strenuous, and may expose me to a risk of personal injury.

I understand that yoga instructors and fellow students may physically assist me in holding, modifying, or moving into and out of certain yoga postures. I understand that classes may include postures requiring back bends and head stands.

I understand that it is my responsibility to consult with a physician prior to participating in the yoga classes offered. While instructors will provide verbal instructions during class, I agree to participate in the yoga classes at my own pace and at my own risk, and I will cease participation if I feel over exerted or fatigued. If at any time I believe that a posture is unsafe for me or that I am unable to participate due to physical or medical conditions, I will immediately discontinue participation.

By signing my name below, I acknowledge and agree to the terms contained herein, I am representing that I am physically fit to participate in the classes offered, I am fully aware of (and assume) the risks and hazards of participating in the classes, and agree to assume full responsibility for any and all injuries and/or damages, known or unknown, which I may incur as the result of classes and/or yoga practice.

By signing my name below I release Tree Natural Concept, its members, managers, employees, teaching instructors, volunteers, participants and other students in the yoga classes, and all other persons (herein after collectively referred to as the "Released Parties"), from any and all damages, injury, liability, negligence, and any other claims on behalf of myself and my children, parents, heirs, assigns, personal representatives and estate arising from or connected to my voluntary participation in the yoga classes.

Further, I hereby agree to defend, indemnify and hold harmless the Released Parties from and against any and all damages, expenses, and liabilities (including attorney fees) which may result from my actions while in class or on the premises.

I have had sufficient time to read and review this agreement and have either consulted with my legal counsel or have knowingly and voluntarily waived my right to do so. Given that this agreement is being signed in consideration of the provision of classes in which I desire to participate, I understand that I will NOT be able to participate in classes unless and until this agreement is executed.

I also acknowledge that in no way is Tree Natural Concept responsible for the safekeeping of my personal belongings while I attend class.

Signed by \_\_\_\_\_ on this \_\_\_\_\_ day of \_\_\_\_\_ 2015 at \_\_\_\_\_

Signature: \_\_\_\_\_