

2016 YOGA CLASS AGREEMENT OF RELEASE AND WAIVER OF LIABILITY FORM

I, _____, hereby agree to the following:

1. That I am participating in the Body in Motion Yoga Class, offered by Natural Wellness Centre. I recognize that yoga may require some physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to, and regarding my participation in the Body in Motion Yoga Class. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in the Yoga Class.
3. In consideration of being permitted to participate in the Body in Motion Yoga Class, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in the Body in Motion Yoga Class, I knowingly, voluntarily and expressly waive any claim I may have against Natural Wellness Centre, owners, and class/workshop Sponsor, for any injury or damages that I may sustain as a result of participating in the program.
5. I, my heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts.

I have read the above release and waiver of liability and fully understand its content. I voluntarily agree to the terms and conditions stated above.

REGISTRANT'S SIGNATURE: _____

DATE: _____

If registrant is under 18, a legal guardian's authorization is required:

AS LEGAL GUARDIAN OF _____

I CONSENT TO THE ABOVE TERMS AND CONDITIONS.

GUARDIAN'S SIGNATURE: _____

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