



Yoga Student Liability Waiver Agreement

By its very nature yoga is a gentle and mindful practice but, as is the case with any physical activity, the risk of injury is present and cannot be entirely eliminated. I assure you that proper care shall be taken for your well-being and safety throughout the class, however it is important to realise that you are ultimately responsible in protecting yourself against injury. It is therefore imperative that you listen to your body, avoid or adjust postures as required and ask for my guidance.

I _____ (print name) understand that yoga includes physical movements that could cause injury. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the instructor.

I recognise that yoga is not a substitute for medical attention, examination, diagnosis or treatment and that the practice may not be recommended or safe under certain medical conditions.

I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Susan Conchar.

Date	
Signature of Student	
If under 18 years old... Signature of a Parent	
Address	
Email	
Phone	