

Yoga for EveryBody, Liability Waiver

Covering onsite or online yoga/exercise options

1. I understand there is an inherent risk associated with any exercise program and my choice to voluntary participation in yoga (including Zoom online classes) may result in injury. The exercises related to yoga will challenge my cardio-respiratory and musculoskeletal systems associated with; the strength, power, agility, flexibility and breathing components of the program. I understand and am aware that the components of exercise/yoga are potentially hazardous activities and may cause injury.
2. I understand that I may receive group postural alignment advice during class. I will take responsibility for knowing my own limitations and decide if these directions are good for me, individually. I also understand that on Zoom the teacher cannot watch me individually the same way a teacher can in a studio class and I take responsibility for my movement choices.
3. I acknowledge that I have either had a physical examination and/or have been given permission from my physician to participate in a yoga based exercise program or that I have decided to participate in an exercise program voluntarily and without the approval of my physician and do hereby assume all responsibility for my participation in any exercise/yoga or activity associated with Yoga for EveryBody.
4. I agree to observe and obey all posted rules and warnings, and further agree to follow any written or oral instructions or directions given by Yoga for EveryBody. I understand that Yoga for EveryBody reserves the right to ask me to leave and to remove me, without any refund, if I do not follow any instructions or directions given by Yoga for EveryBody.
5. I certify that I am physically well and suffering from no medical problems, conditions, impairments, diseases, or any other illness that would prevent my participation or increase my risk of injury and/or illness as a result of partaking in any exercise/yoga program.
6. I, my heirs, or legal representatives, do hereby waive and release and agree not to sue Yoga for EveryBody, of any and all liability and responsibility from injury, accident, illness, death, legal and medical fees sustained now or in the future resulting from my participation in any activity or use of equipment.
7. I agree to indemnify and defend Yoga for EveryBody, against all claims, causes of action, damages, judgments, costs or expenses, including attorney fees and other litigation costs, which may in any way arise from my participation in the activities.
8. I agree that Yoga for EveryBody is in no way responsible for the loss or damage of any of my belongings while I attend class.
9. I hereby give my consent to doctor of medicine or dentistry or associated personnel to provide me with emergency medical assistance and/or treatment and agree to be financially responsible for the cost of such assistance and/or treatment.
10. I agree to allow Yoga for EveryBody to use my name and likeness in a photo or on videotape, if any, for promotional purposes or media releases.
11. Any legal or equitable claim that may arise from participation in the above shall be resolved under the laws of the State of Texas and I agree that all legal proceedings relating to any dispute or claim arising out of this Waiver or my participation in the above activity shall take place only in Fort Bend County, Texas.
12. Unless otherwise specified, I would like to be added to the Yoga for EveryBody email list.