

Waiver of Liability

I, \_\_\_\_\_ of legal age would like to participate in a yoga class being offered at Empower Yolo. I fully understand that yoga is a physical activity that may or may not cause physical injury.

1. I fully recognize that I am responsible for knowledge of my own state of health at all times. I understand that I am to listen to the feedback my body is giving me, and I am responsible for monitoring my own condition throughout the session. Should any pain occur, I will cease my participation and inform the instructor.
2. I understand that the purpose of the movement programs is to develop and maintain overall wellness, flexibility, joint mobility and decrease stress. All sessions include warm-up, breathing and simple movement. The programs include, but are not limited to gentle yoga, restorative yoga & various fitness modalities.
3. Furthermore, I hereby assume all risk of personal injury, sickness, death, damage and expense as a result of participation in the activities involved therein.
4. I agree to assume the risk of such exercise, and further agree to hold harmless Empower Yolo, it's employees and agents from any and all claims, suits, losses or related caused of action for damages, including, but not limited to, such claims that may result in my injury or death, accidental or otherwise, during or arising in any way from the sessions.
5. In signing this consent form, I affirm that I have read this form in its entirety, and I understand the nature of the program. I also affirm that my questions regarding the program have been answered to my satisfaction.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Empower Yolo Representative Signature

\_\_\_\_\_  
Printed Name