

## LIABILITY WAIVER AND RELEASE

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address (1): \_\_\_\_\_ Address (2): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth (*Optional - Please note all minors must have a parent/guardian signature*): \_\_\_\_\_  
MM/DD/YYYY

### Emergency Contact

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

1. I am participating in yoga classes, workshops and/or other wellness, body work, therapy, exercise and healing arts activities (collectively, the "Activities") offered by Zenergy Yoga Center and/or its owners, managers, teachers, workshop presenters, employees and contractors (collectively the "Studio").

2. I recognize that I must be in adequate physical and mental health to participate in the Activities. I understand that the Activities may require intense physical exertion, and I represent and warrant that I am physically fit enough to participate and I have no medical condition which would prevent my full participation in the Activities. I recognize that the Activities may cause or aggravate a physical injury or medical condition. I understand that it is my responsibility to consult with a physician before my participation in the Activities. If I have done so, I have taken the physician's advice. I understand that the Studio reserves the right to refuse my participation in any Activity on medical, fitness or any other grounds.

3. I am aware that my participation in the Activities could result in high blood pressure, fainting, heartbeat disorders, physical injury, heart attack or stroke and may aggravate pre-existing injuries. I understand that I could experience muscle, back, neck and other injuries as a result of my participation in the Activities. I understand my physical limitations and I am sufficiently self-aware to stop or modify my participation in any Activity before I become injured or aggravate a pre-existing injury. In consideration of being permitted to participate in the Activities, 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 Activities at the Studio.

4. I, my heirs or representatives, release, waive, discharge and covenant not to sue or assert claim against Zenergy Yoga Center, its owners, managers, members, teachers, workshop presenters, employees, independent contractors and staff for any injury, damages or death caused by their negligence. I knowingly, voluntarily and expressly waive any claim I may have against Zenergy Yoga Center, its owners, managers, members, teachers, workshop presenters, employees, independent contractors and staff for any injury, damages or death as a result of participating in Zenergy Yoga Center Activities of any kind.

5. I understand that the Studio from time to time may photograph, video or otherwise record classes or events occurring at its Studio and place such photographs and videos on its website or social media resources. I hereby consent to the use of my image that may appear in any such photograph or video and waive any compensation for the use.

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

\_\_\_\_\_  
Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

As Parent or Legal Guardian of \_\_\_\_\_, I consent to the above terms and conditions.

Signature of Parent or Guardian \_\_\_\_\_ Date: \_\_\_\_\_

### **How did you hear about us?**

Friend: \_\_\_\_\_ Internet: \_\_\_\_\_ Social Media: \_\_\_\_\_ Other: \_\_\_\_\_