

mälä Disclosure and Release Form

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We are delighted to have you as a Yoga student. The following information will help you get the most out of your Yoga classes, and clarify your instructor's role. Please read the sign below.

1. Consult your physician before engaging in any exercise program, inform your instructor of any health condition(s) that may be affected by your practice of Yoga. You represent and warrant that you are physically fit, and have no medical condition that would prevent your full participation in any Yoga class.
2. It is your responsibility to monitor each activity to determine whether it is appropriate for you. Although your instructor will guide you, you will remain solely responsible for your safety and well-being.
3. In consideration for your participation in any class, worship and/or clinic, and by signing this form, you your heirs, your assigns and your legal representatives hereby forever release, waive, discharge, indemnify, hold harmless and covenant not to sue Mala Yoga, LLC, and their owners, directors, officers, employees, agents, members, managers, partners, instructors and representatives (collectively, "Mala Yoga") from all injuries, damages, losses, expenses, attorneys' fees, settlements, liabilities, claims, suits and causes of action which may result there from, and which may affect you and/or Mala Yoga.
4. Each instructor reserves the right to refuse participation by any student who behaves in any dangerous, threatening, distressing or disruptive manner.
5. If you do not wish to receive physical assistance, it is your responsibility to so inform your instructor.
6. It is your responsibility to read, understand and adhere to all studio policies.

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I have read the above Disclosure and Release Form, and fully understand its contents.
I voluntarily agree to the terms and conditions stated above.

Signature

Date

Printed Name

Telephone number

Address including City, State, Zip

E-mail address

How did you hear about Mala Yoga?

What styles of Yoga have you practiced before?

What are you hoping to achieve through Yoga?

Which class(es) are you most interested in?