

FEARVANA YOGA

DISCLOSURE AND RELEASE FORM

WELCOME TO FEARVANA YOGA.

YOU MUST BE 18 YEARS OLD TO FILL OUT THIS FORM. IF YOU ARE UNDER 18, A PARENT/GUARDIAN MUST BE PRESENT TO FILL OUT THIS FORM IN PERON. NO STUDENTS UNDER THE AGE OF 15 CAN PRACTICE WITHOUT PERMISSION FROM THE OWNER. THANK YOU FOR YOUR COOPERATION!

FULL NAME (please print clearly) _____

DATE OF BIRTH _____ / _____ / _____ AGE _____

ADDRESS _____

CITY _____ ST _____ ZIP _____

PHONE # _____ EMAIL _____

EMERGENCY CONTACT NAME _____ RELATIONSHIP _____ PHONE # _____

HOW DID YOU HEAR ABOUT US? _____

1. Yoga is physical exercise that integrates mind, body, and spirit. Yoga is a way of encountering and releasing physical, mental, and emotional tensions to arrive at deeper levels of relaxation and awareness.
2. By choosing to participate in any class, workshop, or clinic, you voluntarily, knowingly, and expressly assume the risk of any injury. The following guidelines may help you to reduce that risk:
 - a. Listen to and follow your instructor carefully.
 - b. Breathe smoothly and continuously as you move and stretch; do not hold your breath.
 - c. Work gently, respecting your body's abilities and limits.
 - d. Do not perform postures or movements that are painful.
 - e. If you are unsure how to perform any movement, ask your instructor.
 - f. Pregnant women should refrain from inversions, laying on the belly or the back and/or compressing the belly.
3. Consult your physician before undertaking 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.
4. It is your responsibility to monitor each activity to determine whether it is appropriate for you. Although your instructor will guide you, you remain solely responsible for your safety and well-being.
5. In consideration for your participation in any class, workshop and/or event, 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 Fearvana Yoga, and their owners, directors, officers, employees, agents, members, managers, instructors, and representatives (collectively, "Fearvana Yoga") from all injuries, damages, losses, expenses, attorney's fees, settlements, liabilities, claims, suits and causes of action which may result therefrom, and which may affect you and/or Fearvana Yoga.
6. Each instructor reserves the right to refuse participation by any student who behaves in a dangerous, threatening, distressing or disruptive manner with regard to the instructor or any student.
7. If you do not wish to receive physical assistance, you must inform your instructor before each class.

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

SIGNATURE OF PARTICIPANT _____ DATE _____

SIGNATURE OF PARENT/GUARDIAN IF UNDER 18 _____ DATE _____