

Sign In **Logo**

I understand that yoga like any physical activity has the potential to cause injury.

I take full responsibility for my safety. I will not hold *teacher's name*, or *business/location*, any of their owners, employees or representatives in any way liable or responsible in the event of injury whether caused by negligence of the releases or otherwise.

Yoga can cause injury if you do not practice with awareness of body sensation and balance of effort and ease. Poses should be modified or skipped if you have an injury or chronic pain in an area being worked. Please always ask your instructor if you have any questions or concerns.

Name

E-mail Address

Sign Your Name

[illegible]

