

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY FORM

The following information will help you get the most out of your yoga classes at Suntan Art Center. You will receive information and instruction about yoga and health.

All exercise programs involve a risk of injury. By choosing to participate in Yoga classes, you voluntarily assume a certain risk of injury. The following guidelines will help you reduce your risk of injury:

- Listen to and follow the teacher's instructions carefully.
- Breathe smoothly and continuously as you move and stretch.
- Do not hold your breath or strain to attain any position.
- Work gently, respecting your body's abilities and limits.
- Do not perform postures or movements that are painful.
- Ask the instructor if you are unsure how to perform a certain movement.
- Pregnant women must consult their health care provider before enrolling in class.

It is your responsibility to consult with a physician prior to and regarding participation in a Yoga or exercise class. By signing this waiver of liability, you are indicating that you understand the risks and hazards involved and agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which might occur because of participation in the program.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above. Suntan Art Center and the instructors are not responsible for ensuring the safety of the students beyond providing competent instruction. I agree to release the Instructor and Suntan Art Center from all liability for injuries.

Signature: _____ Date: _____

If registrant is under 18, a legal guardian's authorization is required:

As legal guardian of: _____ I consent to the above terms and conditions.

Guardian's signature: _____