

Yoga - Sign In and Liability Waiver

I understand that yoga includes physical movements. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. *I assume full responsibility for any and all injuries, which may occur through participation.*

<u>Name</u>	<u>Email - only for yoga - no spam</u>