



AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

Name: _____

Date of Birth: _____

Address: _____

Email: _____ Phone: (____) _____

Emergency Contact Name/Phone: _____

Do you have any physical limitations that could be aggravated by exercise?

If yes, please explain: _____

It is your responsibility to inform the instructor of your limitations before class begins. I represent and warrant that I am in good physical health and do not suffer from any medical condition which would limit my participation in the classes offered by Karin German/Yoga On The Go. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in any of the yoga or tai chi classes, programs, or workshops. I understand the risks associated with the activities offered by Karin German/Yoga On The Go and I agree to follow all instructions so that I may safely participate in classes, workshops, or other activities.

I hereby WAIVE AND RELEASE Karin German/Yoga On The Go, Certified Yoga Teacher, its owners, officers, employees, and instructors from any claim, demand, cause of action of any kind resulting from or related to my participation in the programs offered at the facility. In taking part in yoga classes, workshops, or other activities with Karin German/Yoga On The Go, Certified Yoga Teacher. I understand and acknowledge that I am fully responsible for any and all risks, injuries, or damages, known or unknown, which might occur as a result of my participation in the classes, workshops, or other activities.

I have read the above release and waiver of liability and fully understand its content. I am legally competent to sign and voluntarily agree to the terms and conditions stated above. Please practice mindfully and enjoy the many benefits of practicing yoga.

Print name: _____

Signature: _____ Date: _____

If participant is under 18:

As Parent or Legal Guardian of _____

I consent to the above terms and conditions.

Print name: _____

Signature: _____ Date : _____