

If you have any questions regarding this form, please [email me](#).

Please read the following carefully and sign and date the bottom.

I understand that yoga includes physical activity and, as with all physical activity, there is the risk of injury of varying types and degrees, some of which I may not fully appreciate and which risk cannot be entirely eliminated. If I experience any pain or discomfort, I agree that I will discontinue the activity, and ask for support from the instructor. I accept and voluntarily incur and assume all risks of any injuries, damages, or harm, which arise during or result from my participation in the above activity.

I understand that yoga is not a substitute for mental or medical attention, examination, diagnosis, or treatment, nor is yoga recommended or safe under certain medical conditions. By signing, I affirm that a licensed physician has verified the status of my health and physical condition as sufficient to allow me to participate in the physical activity required by the yoga program. I agree that I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant, or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate.

I also affirm that I alone am responsible to decide whether to practice yoga and my participation is at my own risk. I agree not to bring any action legal, equitable or otherwise or make any claim whatsoever against Sarah Gardner (Released Party) for any injuries, damages, losses or claims, whether known or unknown, which arise during or result from my participation in the above activity. In addition, I do hereby release and forever discharge the Released Party of any responsibility or liability of any nature to me for any personal injuries, death or property damage which I may suffer or incur either directly or indirectly as a result of my participation in the above-referenced activities. I agree to indemnify and hold the Released Parties harmless from all losses, liabilities, damages, costs or expenses (including but not limited to reasonable attorney's fees and other litigation costs and expenses) incurred by any of the Released Party as a result of any claims or suits that I (or anyone claiming by, under or through me) may bring against any of the Released Party to recover any losses, liabilities, costs, damages, or expenses which arise during, or result from my participation in the above-referenced activities.

The yoga activities I engage in may be provided to me online or by similar electronic, video, or digital means. I understand, acknowledge and accept that this type of activity may have disruptions in service, may be impacted by the nature and quality of the transmission, may not afford me the ability to see, perceive, or comprehend certain visual, audio, or physical cues, instructions, conditions, or other elements of the services provided by Sarah Gardner, and/or may not provide you an opportunity or ability to perceive and/or render assistance in the event of an emergency or other situation that requires prompt or immediate attention. I understand that I have assumed the risk of such a situation, and I will take steps to avoid or deal with such situations at my location, as well as providing to Sarah Gardner such information I have regarding any condition that exists or I believe may arise during these yoga activities.

I also understand that, during the course of the yoga activities, Sarah Gardner may receive in some form information about me that would be considered as confidential or protected, including but not limited to medical, financial, and personal information. This would include any such information that may be communicated during or pursuant to yoga activities I engage in online or by similar electronic, video, or

digital means. I knowingly and voluntarily consent to the release of such information to Sarah Gardner to utilize as necessary in her capacity as a yoga instructor.

I have carefully read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognize that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law.

I hereby agree that this Liability Waiver is to be construed exclusively under and by virtue of the laws of the Commonwealth of Pennsylvania.