

Welcome to Wendy's Yoga Classes! Before you begin participating in our classes, it is essential that you read and understand this Waiver of Liability. Please acknowledge that participation in yoga activities is entirely voluntary and requires participants to abide by the rules and instructions set forth by the instructor.

### 1. Participant Information

Please provide your details below:

- Full Name: \_\_\_\_\_
- Contact Number: \_\_\_\_\_
- Emergency Contact Number: \_\_\_\_\_
- Email Address: \_\_\_\_\_

### 2. Acknowledgment of Risks

Participation in yoga can involve motion, stretching, and poses that may challenge your balance and physical abilities. By signing this form you declare that you understand that these activities may involve risks including, but not limited to, muscle injuries, joint pains, personal injuries, and temporary or permanent disability. I have chosen to participate in the yoga classes willingly and take full responsibility for mitigating such risks where possible.

### 3. Health Declaration

By signing this document, you declare that I am in good health and physically able to participate in yoga classes without undue risk. I have not been advised against participation by a health professional. I agree to notify the yoga instructor of any health concerns or conditions that may affect my ability to participate safely in the class.

### 4. Waiver and Release of Liability

I hereby release, indemnify, and hold harmless Wendy Kelly Yoga, its agents, owners, shareholders, practitioners, and employees from any and all liability, claims, demands, actions, or rights of actions related to any loss, injury, or death occurring to me as a result of participation in the yoga classes. This release extends to any claim made on account of first aid treatment or service rendered during my participation in yoga classes at Wendy's yoga classes.

### 5. Agreement Duration and Reaffirmation

This waiver and release are ongoing and shall remain in effect for each time I participate in yoga classes at Wendy's yoga classes. Each time I engage in a session, I reaffirm my understanding and acceptance of the risks and terms outlined in this agreement.

### 6. Signature

By signing below, the participant acknowledges that they have read and understood the terms of this waiver, and voluntarily agree to be bound by them.

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_