

# **LIABILITY WAIVER, RELEASE AND HOLD HARMLESS AGREEMENT**

**Please read carefully.**

By my signature on this sheet I attest that I fully understand that I may injure myself as a result of my participation in this or any other yoga program. I assume all risks and hazards incidental to participation in the program including but not limited to being on the premises where the class is held. I hereby release Suzy Shapiro from any liability resulting from injury or illness regardless if such injury or illness was caused by, occurred during or after my participation in this program.

I will be responsible and aware of my body. If I feel pain during the performance of a posture I will adjust the posture, I will rest or I will cease the activity entirely. I will ask for assistance from the teacher if I am unable to resolve the issue on my own. I am aware that yoga is not a substitute for medical attention, examination, diagnosis or treatment. I knowingly waive, release, absolve, indemnify and hold harmless Suzy Shapiro from any and all liabilities, claims, demands, causes of action, judgments, liens, potential claims and potential causes of action, known or unknown, now existing or that might arise hereafter, directly or indirectly resulting from, attributable to or related the yoga classes taught here.

NAME \_\_\_\_\_

DATE \_\_\_\_\_

