

1. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in yoga classes and other physical activity. I represent and warrant that I am physically fit and have no medical condition which would prevent my full participation.
2. I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of my participation in my session.
3. I understand that it is my continuing responsibility to inform the instructor(s) of any previous medical conditions, injuries or surgeries prior to my first class and at such other times as I acquire information as to same.