

## **Liability Waiver**

I, the undersigned, understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction, and relief of muscle tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, gently adjust my posture and ask for support from the instructor.

I understand that yoga is not recommended and is not safe under certain medical conditions. I recognize that it is my responsibility to notify my instructor of any serious illness or injury before every yoga class.

I accept that the instructor, the hosting facility, Muslim Athletics Association, and Misk Islamic Society of Canada are not liable for any injuries or damages to a person or property resulting from participating in the class. I hereby agree to revoke, release, and waive any claims that I have now, or hereafter may have, against the instructor, the hosting facility, Muslim Athletics Association, and Misk Islamic Society of Canada. I have read and agree with all the information covered on this form (those under 18 years of age must have this form signed by a parent or guardian).