

# whYoga Disclaimer

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I, ..... hereby agree to the following:

That I am participating in the live-streaming or in-person Yoga Class offered by Vicky 'Skip' Oliver (henceforth known as Skip Oliver) during which I will receive information and instruction about yoga, physical exercise or health. I recognise that exercise requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult a doctor prior to and regarding my participation in the yoga classes offered by Skip Oliver. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in these yoga classes.

If I am pregnant, I understand that I participate fully at my own risk and that of my unborn child/ children.

In consideration of being permitted to participate in the yoga classes, I assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the programme offered by Skip Oliver.

In further consideration of being permitted to participate in the yoga classes, I knowingly, voluntarily and expressly waive any claim I may have against Skip Oliver for injury or damages that I may sustain as a result of participating in these classes.

I understand that from time-to-time, but rarely, during yoga classes, Skip Oliver may instruct or perform a physical adjustment to my form and posture. If I do not want such physical adjustments, I will so inform Skip Oliver at each session I attend. I also acknowledge that if I do wish to receive such adjustments, it is my responsibility to inform Skip Oliver when an adjustment has gone as far as I desire at that time.

I..... hereby take full and sole responsibility from any liability of loss or damage to personal property associated with yoga classes or any other events.

I, my heirs or legal representatives, forever release, waive, discharge and covenant not to sue Skip Oliver or its employees for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents.  
I voluntarily agree to the terms and conditions stated above under my own free will.

Print Name.....

Signature.....

Date.....