



Yoga

within Healing Hands Chiropractic

Liability Waiver and Release

Accidents/injury- The participant agrees that all exercises and use of the yoga studio within Healing Hands Chiropractic, LLC, are undertaken by the participant at the sole risk of the participant, and that neither Healing Hands Chiropractic, LLC nor the instructor(s) shall be liable for any claims for injuries or damages to person or property of the participant arising out of, or connected with, the use of the yoga studio. Participant agrees to indemnify and to hold Healing Hands Chiropractic, LLC and its instructor(s) harmless from all claims by or liability to participant, except for those arising out of Healing Hands Chiropractic, LLC and its instructor(s) knowingly failing to correct a dangerous situation brought to its attention.

Risk- While yoga is absolutely beneficial to your health and well-being, certain bodily changes can occur during any physical activity. You should promptly notify your instructor of any dizziness, shortness of breath, chest discomfort or heart palpitations, or any other unusual physical symptoms during your yoga class or private yoga lesson. If you have any concern about your health or suffer from any of the following disorders, regardless of age, we strongly recommend that you consult your personal physician prior to beginning a yoga program.

1. Chest pains
2. A history of heart problems, such as angina, heart attack or stroke
3. Severe chronic respiratory problems
4. Insulin-dependent diabetes
5. High blood pressure

I have read the foregoing in its entirety and understand it. Any questions that may have occurred to me have been answered to my satisfaction. I consent to participate.

Date

Participant Signature

Date

Parent / Guardian Signature
(if participant is under 18 years of age)