

Hot Yoga of Nyack MEDICAL RELEASE FORM.

Please read, initial and sign all fields.

1. I understand there is an inherent risk associated with any exercise program including my voluntary participation in yoga that may result in injury. The exercises related to yoga will challenge my cardio-respiratory and musculoskeletal systems associated with; the aerobic, anaerobic, strength, power, agility, flexibility and breathing components of the program. I understand and am aware that the components of exercise/yoga are potentially hazardous activities and may cause injury. ()
2. I acknowledge that I have either had a physical examination and/or have been given permission from my physician to participate in a yoga based exercise program or that I have decided to participate in an exercise program voluntarily and without the approval of my physician and do hereby assume all responsibility for my participation in any exercise/yoga or activity associated with Hot Yoga of Nyack Inc.. ()
3. I certify that I am physically well and suffering from no medical problems, conditions, impairments, diseases, or any other illness that would prevent my participation or increase my risk of injury and/or illness as a result of partaking in any exercise/yoga program. ()
4. I, my heirs, or legal representatives, do hereby waive and release Hot Yoga of Nyack Inc. its teachers and employees from any and all liability and responsibility from injury, accident, illness, legal and medical fees sustained now or in the future resulting from my participation in any activity or use of equipment. ()
5. I understand that Hot Yoga of Nyack Inc. will provide an area for personal belongings to be held during class; however, I agree that Hot Yoga of Nyack Inc. is in no way responsible for the loss or damage of my belongings while I attend class. ()

I acknowledge that I have read this waiver of liability form. I fully understand its terms and conditions, and understand that I am giving up my right to sue Hot Yoga of Nyack Inc., its teachers and employees.

I acknowledge that I am signing this agreement voluntarily, and intend by my signature to be a complete and unconditional release of liability to the greatest extent allowable by law.

Print Name

Signature

Date