

Waiver of Liability & Disclosure Form

Please read, initial and sign

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/activities related to yoga will challenge my cardio-respiratory and musculoskeletal systems, associate 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/activities are potentially hazardous and may cause injury. (_____) initial

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/activities based exercise program or that I have decided to participate in an exercise program voluntarily and with out the approval of my physician and do hereby assume all responsibility for my participation in any exercise/yoga or activity associated with **The Reflections of Stillness Retreat**. (_____) initial

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/activites program. (_____) initial

4) I, my heirs, or legal representative, do hereby waive and release **The Reflections of Stillness Retreat**, 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. (_____) initial

I acknowledge that I have read this waiver of liability form. I fully understand its terms and conditions. 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 _____