

YOGA CLUB CHILD WAIVER (TO BE SIGNED BY THE ADULT PARENT OR GUARDIAN)

Please convey the following information to your child: Asana (yoga posture) means posture easily held. If it's too hard or if it hurts, you can stop! You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day.

I, the undersigned parent or guardian, understand that yoga is not a substitute for medical attention, examination, diagnosis or treatment. In the case where my child has an injury, sickness or anything else that may be affected by physical activity, I have consulted with physician to ensure my child can take yoga classes. I recognize that it is my responsibility to notify the instructor of any serious illness or injury before every yoga class. In further consideration of permitting my child to participate in the yoga class, I knowingly, voluntarily and expressly waive any claim I may have against Susan Riffle and the owner/lessor of the Premises for injury or damages that my child may sustain while on the Premises as a result of participating in the yoga class. I, my heirs or legal representatives irrevocably covenant not to sue and forever release, waive, and discharge any other claims of any kind whatsoever against Susan Riffle or the owner/lessor of the Premises for any personal injury, property loss or damage, or wrongful death, whether caused by negligence or otherwise.

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. I accept that neither the instructor, nor the hosting facility is liable for any injury, or any damages, to person or property, resulting from the taking of the class.

Signed (parent or guardian): \_\_\_\_\_

Date: \_\_\_\_\_

Print name of parent or guardian: \_\_\_\_\_