

# Bright Tree Yoga

- agreement of release and waiver of liability -

Name (print, first and last) \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

check here to receive class schedule updates.

How did you hear about Bright Tree Yoga \_\_\_\_\_

Are there any injuries, ailments, or medications that the instructor should know about?  
\_\_\_\_\_

I, (name printed above) agree to the following:

1. That the instruction offered by Bright Tree Yoga is limited to that of instruction in basic yoga and health.
2. That even with clear instruction, there is a possibility of injury, and that it is my responsibility to consult a physician regarding my ability to participate before coming to Bright Tree Yoga classes.
3. I attest that I have no psychological, medical or emotional condition that would prevent me from safe participation in a yoga class.
4. I release and discharge Bright Tree Yoga and Triangles Best Karate, their owners and instructors from any and all liability, claim, demand or action that I may have resulting from injury, death or damages arising from my participation in the yoga class or at the yoga studio, including loss that may be caused by the negligence of the released party.
5. I release and discharge Bright Tree Yoga and Triangles Best Yoga, its owners and teachers from any and all liability, claim, demand or action that I may have related to the loss, theft or damage of any of my personal property from the premises of the yoga class.
6. I recognize that this agreement of release and waiver of liability is a legal contract and that, by reading it carefully, I have complete knowledge of its contents.

I have read this agreement and fully understand its content and meaning, and sign it of my own free will.

Participant signature \_\_\_\_\_ Date \_\_\_\_\_

If the participant is under the age of 18 years: As legal guardian of (name printed above), I \_\_\_\_\_ (print your full name) consent to the above conditions and terms.

Signature of parent/guardian: \_\_\_\_\_ Date \_\_\_\_\_