

Waiver, Release of Liability, and Assumption of Risk Agreement to Participate

In consideration of being allowed to participate in yoga classes, events, and training, I agree to waive my rights to ordinary negligence issues, understanding that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated.

I understand that it is my responsibility to work within my limitations. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga practice and/or specific poses are not recommended and are not safe for individuals with certain medical conditions.

I am aware of the physical risks involved with strenuous exercise and understand it is my personal responsibility to consult with my Doctor regarding my participation. I affirm that I alone am responsible to decide whether to practice yoga. I have no medical condition which would prevent me from taking part in yoga classes or workshops, and I assume responsibility for any risk or injury I may sustain as a result of my participation.

I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Katherine Humphrys, her agents, officers, directors, instructors, sponsors, and other participants, and the owners, lessor, and lessees of the premises as a result of my participation in any classes, events or activities. I hereby agree and covenant not to make a claim against, sue or attach the property of the Katherine Humphrys or the Lotus Yoga Centre or any of its affiliated organizations or above mentioned parties.

Video & Audio Taping Release

I hereby consent to the photographing of myself and the recording of my voice and the use of these photographs and/or recordings singularly or in conjunction with other photographs and/or recordings for advertising, publicity, commercial or other business purposes. I understand that the term "photograph" as used herein encompasses both still photographs and motion picture footage.

I further consent to the reproduction and/or authorization by **Katherine Humphrys (Aruna Santokh Kaur) and Janet Williams** to reproduce and use said photographs and recordings of my voice, for use in all domestic and foreign markets. Further, I understand that others, with or without the consent of Katherine Humphrys may use and/or reproduce such photographs and recordings.

I hereby release **Katherine Humphrys and Janet Williams** and any associated or affiliated companies, their directors, officers, agents, employees and customers, and appointed advertising agencies, their directors, officers, agents and employees from all claims of every kind on account of such use.

Copyright Notice and Conditions of Use

I acknowledge the workbook and printed materials presented in the training are for my personal use and for use in classes that I give. The workbook and printed materials cannot be used by me for training other teachers or be published in print or electronically without the prior consent and acknowledgement of Katherine Humphrys or Janet Williams.

I have read the above release and waiver of liability and copyright notice and conditions of use and understand its contents. I agree to the terms and conditions stated above.

[Name of Adult/Child]

[Signature
Signature of Parent/Guardian for Children under 18 years]

[Date]

[Print Name of Parent/Guardian if required]

Contact – Phone

Contact – e-mail