

# Yoga Akhanda Dublin/ Outdoor Yoga Waiver Form

This waiver is not intended as a substitute for liability insurance coverage.

I (please print name in block capitals) \_\_\_\_\_  
understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education 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. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Outdoor Yoga or any of the teachers involved.

Signature of student, parent or guardian:

\_\_\_\_\_

Date:

\_\_\_\_\_

Email address (and please make it legible):

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