

## The YOGALIFE Project Student Disclaimer Form

I, \_\_\_\_\_ hereby agree to the following:

1. That I am participating in the Yoga classes or any other exercise programmes offered by Mick Timpson YogaLife during which I will receive information and instruction about yoga, physical exercise or health. I recognize that exercise requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult a physician prior to and regarding my participation in the yoga classes, health programs or workshops offered by my instructor or substitute teacher. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in these yoga classes, health programmes or workshops.

3. If I am pregnant I understand that I participate fully at my own risk and that of my unborn child/children.

4. In consideration of being permitted to participate in the yoga classes, health programmes or workshops, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the programmes offered by my instructor or substitute teacher.

5. In further consideration of being permitted to participate in the yoga classes, health programmes or workshops, I knowingly, voluntarily and expressly waive any claim I may have against my instructor or substitute teacher for injury or damages that I may sustain as a result of participating in these programmes.

6. I understand that from time to time during yoga classes, the instructor may physically adjust students' form and posture. If I do not want such physical adjustments, I will so inform the instructor at each class I attend. I also acknowledge that if I do wish to receive such adjustments, it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time.

7. I \_\_\_\_\_ hereby take full and sole responsibility from any liability of loss or damage to personal property associated with yoga classes or any other events.

**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 under my own free will. By writing my name below, I hereby agree to the terms and conditions above.**

Name \_\_\_\_\_ Date \_\_\_\_\_

Contact Details:

Phone:

Email: