



# Yoga Class Waiver

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## Melbourne Kids Yoga MKY Yoga Class Waiver

Welcome to MELBOURNE KIDS YOGA 's Classes! Before you begin participating in our classes, it is essential that you read and understand this Waiver of Liability. Please acknowledge that participation in yoga activities is entirely voluntary and requires participants to abide by the rules and instructions set forth by the instructor.

### **Acknowledgment of Risks**

Participation in yoga can involve motion, stretching, and poses that may challenge your balance and physical abilities. You understand that these activities may involve risks including, but not limited to, muscle injuries, joint pains, personal injuries, and temporary or permanent disability. You have chosen to participate in the yoga classes offered by MELBOURNE KIDS YOGA willingly and take full responsibility for mitigating such risks where possible.

### **Health Declaration**

By purchasing tickets to these classes you declare that you are in good health and physically able to participate in yoga classes without undue risk. You have not been advised against participation by a health professional. You agree to notify the yoga instructor of any health concerns or conditions that may affect your ability to participate safely in the class.

### **Legal Mumbo-Gumbo**

By purchasing this ticket, I hereby fully waive and release Melbourne Kids Yoga MKY, and its teachers, from any and all claims, demands, damages, costs, expenses, causes of action ("Claim") in respect of personal injury, property damage, or death arising from my participation in yoga classes("activities") notwithstanding any Claim may have been contributed to or occasioned by the negligence of any of the Releasees.

I hereby indemnify and save harmless the Releasees from and against any and all liability incurred by any or all of them arising as a result of or in any way connected to my participation in the Activity.

I am aware that yoga can involve strenuous activity and I take full responsibility for my participation in the activity.

I have read and understood the foregoing, and acknowledge my consent to the terms of this Release.