

Release of Liability, Waiver of Claims, and Assumption of Risks Agreement

By signing this legal document, you will waive certain legal rights, including the right to sue. Please read carefully.

I am aware that, as with any form of exercise, the risk of injury can never be entirely eliminated and that I am responsible for recognizing my own physical limits. I understand that yoga is not a substitute for medical attention, examination, diagnosis, or treatment. If I have any concerns about whether yoga is suitable for me, or if I have a particular injury or medical condition, I will consult my physician before participating in a yoga class. I will make my yoga teacher aware of any injuries or medical conditions before participating in a class.

In consideration of Bend Over Backwards Yoga Studio agreeing to my participation in a yoga class and/or workshop, and permitting my use of their equipment and facilities, **I hereby agree as follows:**

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1. I am aware of all risks associated with or related to participation in yoga classes and workshops, and the use of yoga equipment and facilities, particulars of which include but are not limited to the risk of injury from coming into and going out of a yoga pose, and using props to assist in attaining certain yoga poses.

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2. I waive any and all claims I have or may have in the future against Bend Over Backwards Yoga Studio and its directors, officers, agents, employees, volunteers, and teachers, including visiting and substitute teachers (collectively, the "Studio").

I agree not to sue the Studio, and I release the Studio from any and all liability for any loss, injury, damage, or expense that I may suffer or that my next of kin may suffer as the result of my participation in a yoga class and/or workshop, or related activity, either on or off the Studio premises, due to any cause whatsoever including negligence, breach of contract, or breach of any statutory or other duty of care, including any duty of care owed under the *Occupiers Liability Act*, R.S.B.C. 1996, c. 337, on the part of the Studio.

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3. I accept full responsibility for any risk of bodily injury, death or property damage arising out of or related to my participation in a yoga class and/or workshop, or related activity, whether caused by the negligence of the Studio or otherwise.

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4. This Agreement will be binding on my heirs, next of kin, executors, administrators, assigns and personal representatives.

Dated:		at Nanaimo, BC	
Name (please print):			
Signature:			
Phone – Home:		Work:	Cell:
Address:			
E-mail:			
In case of emergency please provide a <u>local</u> contact name, number and address:			

