

Habitat Studios
RELEASE OF LIABILITY FOR YOGA, WORKSHOPS, RETREATS and EVENTS

I agree to take full responsibility for not exceeding my personal limits in the practice of yoga and for any injury I might suffer during my participation in classes. It is my responsibility to ascertain that there is no medical reason to prevent my participation in this activity and to abide by any limitations that might be set by my medical providers.

I do hereby agree for myself, my heirs, assigns, executors and administrators (and for any other party who may claim under or through me) to RELEASE, ACQUIT, WAIVE, DISCHARGE and FOREVER HOLD HARMLESS, Annawyn Laing, its officers, directors, employees, agents, volunteers, affiliates, all partner agencies, subsidiaries and predecessors from any and all claims, demands, costs, expenses, rights and causes of action of any kind and nature whatsoever at law or in equity on account of all foreseen or unforeseen injuries, illness (including but not limited to Covid-19) and damages resulting from my participation in any and all yoga classes, workshops, retreats or events.

In order to maximize my own safety, I agree to the following:

- I agree to sign in for any class I attend.
- I agree to discuss my participation in the class with my medical provider if appropriate.
- I agree to share contact information for my medical provider with the class instructor if requested.
- I agree to follow guidelines set out by the class instructor.
- I agree that if any changes in my physical situation could affect my continued participation in the class that I will seek approval from my medical provider to continue.

I confirm with my signature that I have read this form, the Guidelines and I understand the content.

Signature: _____ Date: _____

Participant Print Name: _____

Participant Email: _____
(please provide so you can receive emails about cancelations, events, etc.)

Health Concerns: None