

DISCLOSURE AND RELEASE FORM FOR OGDEN SANGHA YOGA

We are delighted to have you as a yoga student. The following information will help you get the most out of your yoga classes, and clarify your instructor's role. Please read and sign below.

1. Yoga is a physical exercise that integrates mind, body, and spirit. Yoga is a way of encountering and releasing physical, mental, and emotional tensions to arrive at deeper levels of relaxation and awareness.
2. By choosing to participate in any class or workshop, you voluntarily, knowingly, and expressly assume the risk of any injury. The following guidelines may help you to reduce that risk:
 - * Listen to and follow your instructor carefully.
 - * Breathe smoothly and continuously as you move and stretch.
 - * Do not hold your breath or strain to attain any posture.
 - * Work gently, respecting your body's abilities and limits
 - * Do not perform postures or movements that are painful.
 - * Ask your instructor if you are unsure how to perform any movement.
 - * Pregnant women should practice only gentle forms of yoga, and refrain from inversions, lying on the belly, twisting of the back, and compressing the belly.
 - * Menstruating women may wish to refrain from practice inversions.
3. Consult your physician before engaging in any exercise program. Inform your instructor of any health condition(s) that may be affected by your practice of yoga. You represent and warrant that you are physically fit, and have no medical condition that would prevent your full participation in any yoga class.
4. It is your responsibility to monitor each activity to determine whether it is appropriate for you. Although your instructor will guide you, you remain solely responsible for your safety and well-being.
5. In consideration for your participation in any class and/or workshop, and by signing this form, you, your heirs, your assigns and your legal representatives hereby forever release, waive, discharge, indemnify, hold harmless, and covenant not to sue Ogden Sangha Yoga, LLC and First United Methodist Church and their owners, directors, officers, employees, agents, members, managers, partners, instructors, and representatives (collectively, "Ogden Sangha Yoga") from all injuries, damages, losses, expenses, attorney's fees, settlements, liabilities, claims, suits, and causes of action which may result therefrom, and which may affect you and/or Ogden Sangha Yoga.
6. Each instructor reserves the right to refuse participation by any student who behaves in any dangerous, threatening, distressing, or disruptive manner.
7. If you do not wish to receive physical assistance, it is your responsibility to inform your instructor.

I have read the above Disclosure and Release Form, and fully understand its contents. I voluntarily agree to the terms and conditions stated above. We will never share or sell your personal information to anyone.

Signature

Date

Printed Name

Address including City, State, Zip

Telephone Number

E-Mail Address

How did you hear about us? Word of mouth Website Facebook

Other: _____