

I, _____, (print name), fully comprehend yoga involves physical movement, relaxation exercises, breath-work, stress-management and muscle tension relief.

I acknowledge involvement in any physical activity, including yoga, risks injury.

While continuing to breathe smoothly, I agree to listen to my body, modify or adjust poses and request teacher support as necessary.

I understand yoga is not a replacement for medical help. I agree, I am responsible to decide whether to practice yoga.

I hereby affirm to irrevocably waive and release any claims I have now or hereafter may have against Traveling Yoga Roadshow and freedOM Yoga Studio.

_____ Guardian, Parent,
Student signature

_____ Date