

## **SoulShine Power Yoga Liability Waiver - Updated**

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, the studio's role, and your role. The purpose of this disclosure and release (the "Waiver") is to communicate the risks of participating in our Yoga, Pilates, and other wellness/fitness classes, and have you release SoulShine Power Yoga of any liability. Please be aware that if you do not sign this Waiver and agree to its terms, we cannot allow you to participate in our classes. Read through carefully, and ask questions if anything is unclear. By signing this you agree to be bound by all the terms of this agreement, including waiving your legal rights to sue.

1. Yoga is physical exercise that integrates mind, body and spirit: a way of encountering and releasing physical, mental and emotional tensions to arrive at deeper levels of relaxation and awareness. We offer a variety of Hot Yoga, Inferno Hot Pilates, Restorative, Meditative, and other wellness/fitness classes, all of which may involve but are not limited to the following activities: Yoga poses, stretching, dynamic movements, breathing and breathwork, meditation, cardiovascular training exercises, body weight exercises, and weight lifting. Most classes will take place in a heated room (the typical range of heat for hot classes is between 85°F/29.4°C and 95°F/35°C). In-studio classes may involve receiving adjustments from instructors, so please advise in advance if you do not want adjustments. **1.1.** In class, you may use a variety of equipment which could include but is not limited to: Yoga mats, Yoga blocks, bolsters, balls, straps, resistance bands, sliders, weights, blankets, and towels. Please only use equipment your instructor has asked you to use, or approved. **1.2.** This Waiver applies to any SoulShine Power Yoga classes made available online, live or recorded. **1.3.** The Waiver also applies to any offsite classes hosted or co-hosted by SoulShine Power Yoga, including classes held at other facilities or offered outdoors.
  
2. By choosing to participate in any class, workshop or clinic, you voluntarily, knowingly and expressly assume the risk of any injury. 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. If at any point you feel overexertion, pain, or fatigue, you will rest and communicate with the instructor as soon as possible. **2.1.** Participating in online classes, live or recorded, means that there will be no in-person supervision, which presents increased risks. You acknowledge these risks and agree to participate to the extent that it is safe and reasonable for you to do so, at your own discretion. **2.2.** You understand that if you are partaking in these activities outside the studio, especially at an offsite location or outdoors, there may be other reasonable and often unavoidable external risks that can arise from the new location. The following guidelines may help you reduce risk of injury in all scenarios:
  - Listen to and follow your instructor carefully.
  - Breathe smoothly and continuously as you move and stretch; do not hold your breath.
  - Work gently, respecting your body's abilities and limits.
  - Do not perform postures or movements that are painful; do not strain your body.
  - Ask your instructor if you are unsure how to perform any movement.
  - Pregnant individuals should practice only gentle forms of Yoga, and refrain from inversions, laying on the belly, twisting on the back and compressing the belly.
  - Menstruating individuals may wish to refrain from practicing inversions.

3. Each instructor reserves the right to refuse participation by any student who behaves in any dangerous, threatening, distressing or disruptive manner.
4. 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. If you have not sought such advice, you must be certain that your medical and fitness levels are sufficient to participate in advanced level Yoga, including Yoga in heated conditions. **4.1.** The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. If you are suffering from symptoms of COVID-19 or any communicable disease, or have been in contact with someone who is, and are unsure of your general health and ability to safely practice, please do not visit our studio or participate in our activities and call your doctor. It is imperative we all remain vigilant in following mandated guidelines on social distancing, safe hygiene, and best practices, which we will follow. You understand the risk that you may become exposed to or infected by COVID-19 is your sole responsibility and SoulShine Power Yoga waives all liability.
5. In consideration for your participation in any class, workshop and/or clinic, 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 SoulShine Power Yoga and its owners, directors, officers, employees, agents, members, managers, partners, instructors and representatives (collectively, "SoulShine Power Yoga") from all injuries, damages, losses, expenses, attorneys' fees, settlements, liabilities, claims, suits and causes of action which may result therefrom, and which may affect you and/or SoulShine Power Yoga, including the contraction of COVID-19 or other communicable diseases during your participation in the activities at SoulShine Power Yoga.

**\*Name (Print):** \_\_\_\_\_ **\*DOB:** \_\_\_\_\_

**\*Address:** \_\_\_\_\_

**\*Phone:** \_\_\_\_\_ **\*Email:** \_\_\_\_\_

I'd like to receive monthly email newsletters.  For receipts only.  None.

**\*Emergency Contact/Phone:** \_\_\_\_\_

**\*Injuries:** \_\_\_\_\_ **\*Medical Conditions:** \_\_\_\_\_

Instagram Handle: \_\_\_\_\_ OK to tag/share you in posts? Yes  No

How did you hear about us? \_\_\_\_\_

**\*Signature:** \_\_\_\_\_ **\*Date:** \_\_\_\_\_

[\*= required fields]