



Yoga Punx PDX

Waiver of Liability

I hereby agree to the following:

1. I am participating in Yoga Punx PDX/Yoga Punx classes or services herein known as 'yoga class' or 'class' during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in any physical fitness program, including yoga. I represent and warrant that I have no medical condition that would prevent my participation in physical fitness activities.
3. In consideration of being permitted to participate in the yoga classes, I agree to assume full responsibility for any risks, illnesses, injuries or damages, known and unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in the yoga classes, I knowingly, voluntarily, and expressly waive any claim I may have against the instructor, the owner, or the leaseholder of the building for injuries or damages that I may sustain as a result of participating in classes or workshops.
5. I hereby grant permission to use my likeness in a photograph, video or other digital media in any and all of its publications, including web-based publications and marketing without payment or other consideration.
6. If you do not want to be filmed, please let your teacher know at the beginning of class. They will provide you with a "no photo" card, and place you in an area where you will not be on camera.
7. I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am digitally signing this agreement voluntarily and recognize that my digital signature serves as complete and unconditional release of all liability.



Signature

Date

Name

Email