



Waiver Release from Liability, and Indemnity Agreement

By participating in these online yoga/movement classes with Cara York / Lotus Life Yoga, I hereby agree to the following:

1. That I am participating in the Yoga classes & workshops offered by Cara York / Lotus Life Yoga during which I will receive information and instruction about yoga and health. I recognize that Yoga involves 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 the Yoga classes & workshops with Cara York / Lotus Life Yoga. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in the Yoga classes & workshops.
3. In consideration of being permitted to participate in the Yoga classes & workshops, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the classes, workshops, or programs.
4. In further consideration by participating in the Yoga classes, I knowingly, voluntarily and expressly waive any claim I may have against Cara York / Lotus Life Yoga for injury or damages that I may sustain as a result of participating in the classes, workshops or programs.
5. I, my heirs or legal representatives forever release, waive, discharge, and covenant not to sue for any injury or death caused by their negligence or other acts.
6. I understand that It is my responsibility to verbally let the Instructor know if I have any injuries that would prevent me from being adjusted or if I am uncomfortable for any reason being adjusted.
7. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.