



ASSUMPTION OF RISK, WAIVER & RELEASE FOR VIRTUAL YOGA & MOVEMENT PRACTICES

You, the undersigned participant, agree to provide this Assumption of Risk, Waiver and Release in consideration for your voluntary participation in Yoga and/or Yoga Therapy. Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so **entirely at your own risk**. You agree that you are voluntarily participating in these activities and use of these facilities and/or virtual platforms **and assume all risks** of injury, illness, or death. We are also not responsible for any loss of your personal property.

You acknowledge that you have carefully read this “assumption of risk, waiver and release” and fully understand that it is a **release of liability**.

You release, discharge, and agree not to sue the instructor or trainer and Healing Hearts Wellness and all its successors, assigns, affiliates, officers, trustees, employees, insurers and agents from all manner of actions and causes of action, suits, judgments, claims, and demands whatsoever in law or equity, whether or not caused in whole or in part by Healing Hearts Wellness’s negligent acts, including all claims arising out of any incidents involving personal injury or property damage, in any way related to participation in this activity (live or virtually).

You assume any and all risks arising from your participation in this activity, including without limitation the risks of bodily injury or property damage, the unavailability of emergency medical care, or the negligent or the deliberate act of a third party.

You agree to indemnify, defend, and hold harmless Healing Hearts Wellness from any and all claims, causes of action, damages, judgments, costs, or expenses that arise out of or relate to the negligent or intentional act or omission of the undersigned.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, you acknowledge that you understand its content and that this release cannot be modified orally. You expressly acknowledge that you have read and understand this document and sign it freely and voluntarily.

This consent will automatically expire **one year** from the date of your signature and cannot be renewed without your written consent.

Participant

Parent/Guardian (if a minor)

Printed: _____

Signed: _____

Date: _____
