

CLEARWATER YOGA ONLINE ZOOM CLASS WAIVER

The undersigned acknowledges, appreciates, and agrees that:

1. I fully understand that I am participating in unsupervised, guided, ONLINE classes with Helen Morgan at my own risk and I understand that risks of injury from the activities involved in ONLINE programs are possible and different from taking a class in person.
2. I believe that I am in reasonable physical condition and I shall inform the instructor of any medical or psychological conditions, injuries, or limitations (including known or suspected pregnancy), both past and present that may affect my ability to participate in the programs. I have consulted with a physician as to the suitability of taking this yoga class, and, if I have not, I am entering into it fully of my own free will and aware of the risks involved.
3. I agree to follow instructions carefully, to listen to my body and go at my own pace, and to immediately stop any activity that causes me any discomfort, emotional distress, or pain, or negatively affects my breathing, even if I am instructed to do so by the instructor. I will report this to the instructor immediately.
4. I understand that I should not practice under the influence of any intoxicating substances, and that I should practice in a safe environment, free of hazards.
5. I knowingly and freely assume all physical and legal risks, both known and unknown, even if arising from the negligence Helen Morgan and assume full responsibility for my participation.
6. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and indemnify Helen Morgan with respect to any and all injury (physical, emotional or mental), illness, disability, death or loss or damage to person or property, whether arising from the negligence of the provider or otherwise, to the fullest extent permitted by law.
7. I, the undersigned, have read this release of liability and fully understand that these online classes have inherent risks involved, and I am fully aware of the nature of these risks, but waive rights, claims, cause of action, etc. as heretofore enumerated, and do hereby assume the risk and sign it freely and voluntarily without any inducement.

Print Name _____

Signature _____

Date _____