

RELEASE & STUDENT RECORD

*Items marked with an asterisk are required

Welcome!

First Name* _____

Last Name* _____

Email _____

Check here to opt out of our email newsletter and occasional notifications. But we'd rather you didn't, and we promise not to share your email with anyone!

Phone* _____

Date of Birth* _____

Emergency Contact* _____

Emergency Contact Phone* _____

How did you hear about us? _____

Knowing Participation, Indemnification, and Waiver

I understand that yoga includes physical movements and exertion. Thus, the risk of injury—even serious or disabling injury—is always present while practicing yoga. I acknowledge that it is my responsibility to consult with a health care provider prior to my participation in any yoga class. By participating in a class I represent that I have determined (in consultation with my health care provider or otherwise) that I don't have any physical or health limitations that preclude my participation.

I accept the entire risk and assume full legal and financial responsibility for my use of the facilities and participation in any classes, activities or services of any nature offered by 8 Limbs Yoga Centers. As such, I agree to indemnify and hold 8 Limbs Inc. (and its employees, representatives, agents, insurers and landlords) harmless for any loss, cost, claim, injury, damage or liability, sustained or incurred by participating in the classes or using the facilities or equipment of 8 Limbs, whether caused by an act or omission, whether negligent, intentional or otherwise, of an employee, representative, or agent of 8 Limbs. I agree not to sue 8 Limbs for any injury or death caused by my participation in a yoga class. I waive any rights to sue 8 Limbs for anything that happens to me in the studio or at 8 Limbs-sponsored events. This includes any acts by fellow students or instructors (for which 8 Limbs shall not be responsible).

I have read this release and waiver of liability, understand it, and my signature indicates acceptance of it. If I am a minor, I have secured the consent of my parent or guardian who will also sign this document.

Signature* _____

Today's date* _____

