

## YogamOcean LLC Agreement of Release and Waiver of Liability

First Name: \_\_\_\_\_ MI \_\_\_\_\_ Last Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_ Country: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Email Address: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_  
How did you hear about YogamOcean? \_\_\_\_\_  
Would you like to receive emails from YogamOcean? Yes \_\_\_\_\_ No \_\_\_\_\_

1. I am a participant in yoga classes, health programs or workshops, both in person and online by YogamOcean LLC (to be referred to as YogamOcean in this document) and all its future locations 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 am fully aware of the risks and hazards involved.
2. In consideration of being permitted to participate in yoga classes, health programs or workshops, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as result of participation in the program.
3. I understand during classes at YogamOcean, instructors may physically or verbally adjust me, either in person or online. I release all personnel employed at YogamOcean from any claim whatsoever on account of adjustments, treatment or service rendered during my participation in yoga classes, health programs or workshops.
4. In further consideration of being permitted to participate in yoga classes, health programs or workshops, I knowingly, voluntarily and expressly waive any claim I may have against YogamOcean for injury or damage that I may sustain as a result of participation in the yoga classes, health programs or workshops.
5. I understand that it is my responsibility to consult a physician prior to and regarding my participation in yoga classes, health programs or workshops. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my participation in the yoga classes, health programs or workshops.
6. I assume all responsibility, for all risks of damage or injury that may occur to me as a student of YogamOcean's courses and instruction while attending classes, participation in exercise, using YogamOcean facilities or entering or exiting the facilities, or online classes.
7. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue YogamOcean for any injury or death caused by their negligence or other acts.
8. Payment of Services: Students must sign-in and provide payment or proof of prior payment before participation in class. On-line classes require one hour prior pre-registration. Failure to do so may result in not being included in the email invitations for the class.
9. Return Policy: Individual or Class packages may be refunded for classes not taken, if the student contacts the instructor 1 hour before the class or series of classes. Any classes which have taken place will not be eligible for a refund. An offer to take the classes at a later time will be considered as an exchange of payment.
10. Returned Checks: all returned checks will be charged a \$30.00 processing fee.

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.

Signature of Participant \_\_\_\_\_ Date: \_\_\_\_\_

If under 18 years of age: As legal guardian of \_\_\_\_\_,  
I consent to the above terms and conditions.

Signature of parent/legal guardian of participant \_\_\_\_\_

Date: \_\_\_\_\_

Please answer the following questions so we may help you have the best yoga experience possible.

By what name would you prefer to be called? \_\_\_\_\_

How would you like to benefit from your yoga practice today? \_\_\_\_\_

Do you have any injuries or conditions new or old we should know about? (pregnancy, knee pain, asthma, back problems) \_\_\_\_\_

Thanks,  
YogamOcean