

Beginner Friendly Alignment Yoga with Maggie Mowery

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

Name

Birth Date

Address

City

Zip

Phone

Email

Emergency Contact Name and Phone Number

I agree to the following:

1. That I am participating in these yoga classes offered by Maggie Mowery, during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion that 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 these yoga classes. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in these yoga classes.
3. In consideration of being permitted to participate in these yoga classes, 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 program.
4. In further consideration of being permitted to participate in these yoga classes, I knowingly, voluntarily and expressly waive any claim I may have against Maggie Mowery and Homefields, Inc. for injury or damages that I may sustain as a result of participating in the program.
5. I, my heirs or legal representatives, forever release waive, discharge and covenant not to sue Maggie Mowery or Homefields, Inc. for any injury or death caused by their negligence or other acts. 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.
6. I also understand that for my safety and for the safety of others, masks and social distancing are required while on the property of Homefields, Inc. I also understand that once I am on my yoga mat and class has begun, I am permitted to remove my mask as long as I am more than six feet away from participants who are not a part of my "personal pandemic pod".

Signature

Date