

Waiver of Liability

1. That I am participating in Yoga offered by Jessica Dominguez, during which I will receive information and instruction about health and wellness. I recognize that fitness programs require physical exertion, which may be strenuous and cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult a physician prior to and regarding my participation in a yoga class or private yoga session. I represent and warrant that I am physically fit and I have no medical conditions, which would prevent my full participation in the class or private session.
3. In consideration of being permitted to participate in the yoga classes or private sessions, I agree to assume full responsibility for any risks, injuries or damage, known or unknown, which I might incur as a result of participating in the program.
4. In consideration of being permitted to participate in yoga classes or private sessions I knowingly, voluntarily and expressly waive any claim I have against Jessica Dominguez for any injury or damages that I may sustain as a result of participating in the program.
5. Heirs, my legal representatives, or I forever release waive, discharge and convenient not to sue Jessica Dominguez for any injury or death caused by negligence or other acts.
6. I further understand the instruction and advice presented in class or in private session is no way intended for substitute or council for medical exam, diagnosis or treatment.

I have read above the release and waiver of liability and fully understand its contents and I voluntarily agree to the terms and conditions above.

Signature

Date

Name

Email