**Yoga for the People**

**It’s FUN! It’s FREE!**

WAIVER of LIABILITY

I am voluntarily participating in a program of strenuous physical activity including, but not limited to yoga, and the use of various yoga props provided by the instructor, Bonny Branch. I am aware that in any physical activity, risk of serious physical injury is possible; that yoga is no substitute for medical diagnosis and treatment; that [yoga practice](http://www.yogajournal.com/practice/) and/or specific poses are not recommended for individuals with certain conditions (e.g., cardiac illness, later stages of pregnancy, post-surgery); and that the student assumes the risk of [yoga practice](http://www.yogajournal.com/practice/) and releases the teacher and studio (Roanoke City, CitySpace) from any liability claims.

In consideration for my participation in this yoga exercise program, I, my heirs, and assigns, hereby release Bonny Branch from any claims, demands and causes of action arising from my participation in the yoga exercise program, and from any liability now or in the future, including but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury, however caused, occurring during or after my participation in the yoga exercise program.

I hereby affirm that I have read and fully understand the above.

Print Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Known medical/physical/mental/emotional challenges:

Emergency Contact (Name & Number)

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