

## Yoga Class Waiver

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation.

I hold myself fully responsible for my participation and make sure that my place of practice is as safe as possible.

Yoga is not a substitute for medical attention, examination, diagnosis, or treatment. Yoga is not recommended and is not safe under certain medical conditions. By reading this document, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, I verify that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Danika Leeks and Danika & Company, LLC. I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am participating voluntarily and recognize that this document serves as complete and unconditional release of all liability to the greatest extent allowed by law in the State of Texas.

X \_\_\_\_\_  
Authorized Signature

X \_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date