



Irie Yoga WAIVER and Release

Event: All Irie Yoga class sessions occurring indoors, outdoors, or virtually

Physical exercise, in all its forms and with or without the use of equipment such as blocks, straps, bands, props, and any other equipment that may be suggested by the instructor, can be a strenuous physical activity. Accordingly, you are urged and advised to seek the advice of a licensed health care professional (medical doctor, nurse practitioner, physician's assistant) familiar with your health status before beginning any physical exercise regimen, routine, or program or using any suggested equipment. The form of yoga practice does not function as a medical organization and the instructors cannot give medical advice or diagnosis. All suggestions and comments relating to the use of equipment, poses, moves, and instruction are not required to be performed by you (or the minor you are legally signing for) and are carried out at your election while participating.

By signing this agreement in writing or electronically, I understand that yoga practice may be physically strenuous and I (or the minor I am legally responsible for) voluntarily participate in them with full knowledge that there is risk of personal injury or death.

I agree that neither I, my heirs, assigns, or legal representatives will sue or make any other claims of any kind whatsoever against Irie Lott or any other certified yoga instructors for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Irie Lott or any other certified yoga instructors involved with each Irie Yoga practice.

I agree that I have read and fully understand and agree to the terms listed above. I also affirm that I alone am responsible to decide whether to participate in yoga practice at my own risk.