

Waiver Release from Liability, and Indemnity Agreement

By participating in this online yoga/movement class with Colleen O'Brien McFall and/or a teacher from the The Columbus School of Yoga Teachers Collective, (from now on, known as 'the Yoga teacher(s)) I hereby agree to the following:

1. That I am participating in a Yoga Class/Workshop/Training/Retreat offered by the Yoga teacher during which I will receive information and instruction about Yoga and health. I recognize that Yoga involves physical exertion, which 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 the Yoga Class/Workshop/Training/Retreat with the Yoga teacher. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in the Yoga Class/Workshop/Training/Retreat.
3. In consideration of being permitted to participate in the Yoga Class/Workshop/Training/Retreat, 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 Yoga Class/Workshop/Training/Retreat.
4. In further consideration by participating in the Yoga Class/Workshop/Training/Retreat, I knowingly, voluntarily and expressly waive any claim I may have against the Yoga teacher for injury or damages that I may sustain as a result of participating in the Yoga Class/Workshop/Training/Retreat.
5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue for any injury or death caused by their negligence or other acts.
6. I understand that It is my responsibility to verbally let the Instructor know if I have any injuries that would prevent me from being adjusted or if I am uncomfortable for any reason being adjusted.
7. I have read the above release and waiver of liability and fully understand its contents. My participation in class indicates that I voluntarily agree to the terms and conditions stated above.