



**AGREEMENT OF RELEASE AND
WAIVER OF LIABILITY**

I, _____(print name), hereby understand/agree to the following:

1. That I am participating in yoga classes, programs or workshops offered by Jan Byrd and/or Metta Yoga during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion that 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 yoga classes, programs or workshops. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the yoga classes, programs or workshops.

3. In consideration of being permitted to participate in yoga classes, programs or workshops, 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 yoga classes, programs or workshops, and voluntarily and expressly waive any claim I, my heirs or legal representatives may have against Jan Byrd and/or Metta Yoga for injury, damages or death that I may sustain as a result of participating in yoga classes, programs or workshops.

I have read this *Agreement of Release and Waiver of Liability* and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Dated: _____

Signature of Participant

Street

City/State/Zip

Telephone

E-mail

Please let us know of any health issues that may affect your yoga practice. Some yoga postures are not suitable for certain injuries, illnesses or conditions. If we know the challenges that you are working with, we can offer you modifications and alternate postures so you benefit fully from your practice. These might include, but are not limited to: pregnancy; eye, heart or breathing conditions; ankle, knee, hip or shoulder injuries; past and recent surgeries; blood pressure; diabetes; medical conditions or physical limitations.

What has motivated you to practice yoga and what do you hope the results of your practice will be? _____

Do you have yoga experience? No Yes How long and what style: _____

How did you hear about Metta Yoga? _____