

Assumption of the Risk and Waiver of Liability

I understand that yoga is a physical activity, and therefore like any physical injury can result in injury. I understand it is a good idea to consult a physician prior to beginning any activity program, including yoga, particularly if I have or am suffering from any medical conditions. I recognize that it is my responsibility to notify my teacher of any serious illness or injury before every yoga class. I will not perform any postures to the extent of strain or pain. I understand that it is important in yoga that I listen to my body, and respect its limits on any given day. If at any time during the class I feel discomfort or strain, I will gently come out of the posture.

I accept that neither the instructor, nor the hosting facility, is liable for any injury, or damages, to person or property, resulting from the taking of the class. I understand that yoga is not a substitute for medical attention including examination, diagnosis, or treatment.

Those under 18 years of age must have this form signed by a parent or guardian.

CORONAVIRUS

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, the use of face masks. I understand that Village Yoga as of this date is requiring the use of facemasks to cut down on potential transmission, and that this does not guarantee 100% my safety from contracting Coronavirus. **VILLAGE YOGA SEDONA** has put in place preventative measures to reduce the spread of COVID-19; however, the Studio **cannot guarantee** that you will not become infected with COVID-19. Further, **attending the Studio could increase** your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk I may be exposed to or infected by COVID-19 by attending the Studio and that such exposure or infection may result in personal injury, illness, permanent disability, and death, and I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself, and release the studio, its employees and contractors from liability, claims, actions, damages, costs or expenses relating thereto, whether a COVID-19 infection occurs before, during, or after participation in any Studio program.

I understand that the risk of becoming exposed to or infected by COVID-19 at the Studio may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Studio employees and contractors, studio participants.

Signature and Date of Yoga Student

Print Name of Student