

CHAOS YOGI WAIVER

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The undersigned warrants and declares that they are able to participate in physical activity. Engaging in yoga may result in accident or injury and the undersigned assumes all risk as a result of participating in yoga classes.

Chaos Yogi (Randi-Lee Grandel) is not responsible for any injury including injury resulting from existing medical condition(s) including but not limited to heart conditions, high blood pressure, chest pain, dizziness, lost consciousness (in the last 12 months), diagnosed chronic condition, prescription medication, problems with bones, joints, or soft tissue.

The undersigned acknowledges that they will take appropriate precautions if they are pregnant or have arthritis, osteoporosis, back problems, and any other health conditions that may cause injury.

The undersigned understands that if they are unsure about participating that they will contact their doctor or complete a Physical Activity Readiness Questionnaire available from Chaos Yogi.

The undersigned indemnifies and saves harmless any damages to themselves or property that occur as a result of the undersigned participating in classes conducted by Chaos Yogi.

Signature

Date

Printed Name