

YOGA LIABILITY WAIVER & RELEASE

Remainders Creative Reuse – 787 E Washington Blvd, Suite 101, Pasadena, CA 91104

Please check the box, sign below, and submit before participating in your first class.

Yoga involves physical movement that may include stretching, strengthening, and balance. As with any physical activity, there is the potential for injury. By signing below:

- I affirm that I am in good health and capable of participating in yoga.
- I take full responsibility for my participation and will modify movements as needed.
- I release the instructor, Remainders Creative Reuse, and any affiliated individuals or organizations from any liability for injuries, accidents, or damages arising from participation.
- I understand this class is not a substitute for medical attention and agree to consult a physician if necessary.

☐ **I have read and agree to the terms above.**

Type Name Here as Signature:

Date Box:

How did you hear about yoga classes?

Drop down options

- Instagram
- Facebook
- YouTube
- Friend or word of mouth
- Flyer
- Yoga instructor
- Other