YOGA PARTICIPATION AGREEMENT

Yoga includes physical, as well as mindful practices. If at any time during the class, you feel discomfort or strain, gently come out of the posture and let the instructor know. You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day.

Yoga is not recommended and is not safe for people with certain medical conditions and if you are injured or have a pre-existing health condition (including if you are pregnant, post-natal or post-surgical) then you should not undertake yoga without your Doctor’s approval.

Please sign to confirm your agreement to participate in full understanding of the above.

If you are under 18 years of age, please have this form signed by a parent or guardian.

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| Signed: |  |
| Printed Name: |  |
| Contact Details: |  |
| Disclosed pre-existing injuries or illnesses: |  |
| Dated: |  |
| Emergency Contact Name: |  |
| Emergency Contact Number: |  |