

SECRET YOGA SPACE (SYS) DISCLAIMER/LIABILITY WAIVER : 2021 Policy Document

I agree to the following:

I am participating in the Yoga classes or any other exercise programs offered by Secret Yoga Space (SYS) during which I will receive information and instruction about yoga, physical exercise or health.

I recognise that exercise requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

I understand that none of the information given at SYS is to be deemed as medical advice.

I understand that it is my responsibility to consult a doctor prior to and regarding my participation in the yoga classes, health programs or workshops offered by SYS.

I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in these yoga classes, health programs or workshops.

It is my responsibility to opt out from practices at any point, which I deem unfit or unsuitable during the practice. Therefore, in consideration of being permitted to participate in the yoga sessions, 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 activities offered by SYS.

If I am pregnant I understand that I participate fully at my own risk and that of my unborn child/ children.

In consideration of being permitted to participate in the yoga classes, health 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 the programs offered by SYS.

In further consideration of being permitted to participate in the yoga classes, health programs or workshops, I knowingly, voluntarily and expressly waive any claim I may have against SYS or the instructor for injury or damages that I may sustain as a result of participating in these programs.

I understand that from time to time during classes, the instructor may physically adjust students' form and posture. If I do not want such physical adjustments, I will so inform the instructor at each class I attend. I also acknowledge that if I do wish to receive such adjustments, it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time.

I hereby take full and sole responsibility from any liability of loss or damage to personal property associated with yoga classes or any other events.

I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue SYS or its teachers for any injury caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents.

Upon booking a class with SYS, I voluntarily agree to the terms and conditions stated above under my own free will.

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