

# Yoga with Dina Yoga

## Yoga Agreement of Release and Waiver of Liability Form

Name \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Home address \_\_\_\_\_ Postal Code \_\_\_\_\_

Email \_\_\_\_\_ Date of Birth     DD / MM / YY

Emergency contact name \_\_\_\_\_ Phone \_\_\_\_\_

Do you have any of the following conditions that your instructor should be aware of:

- Asthma                       Heart/Circulatory Problems                       Dizzy spells/Fainting  
 Pregnancy                       High or Low Blood Pressure                       Diabetes                       Epilepsy/Seizures

Neck/Back/Spine injury: \_\_\_\_\_

Joint injury (ankle, knee, hip, elbow, shoulder): \_\_\_\_\_

Muscular Injury: \_\_\_\_\_

Other medical condition, injury or disability: \_\_\_\_\_

Recent Surgery: \_\_\_\_\_

Yoga Level:             Beginner             Intermediate             Advanced

By completing and signing this form, I hereby agree to the following:

1. That I am participating in a Yoga Class, Workshop, or Pre-registered yoga session offered by YOGA WITH DINA YOGA during which I will receive information / instruction about Yoga. I recognize that yoga may require some physical exertion, which may be strenuous and may cause physical injury. I am fully aware of the risks and/or hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Yoga Class, Workshop, or Pre-registered yoga session. I certify that I am physically fit and I have no medical condition, which would prevent my full participation in the Yoga Class, Workshop or Pre-registered yoga session.
3. 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 any yoga program at YOGA WITH DINA YOGA, including offline and online livestreaming yoga.
4. I knowingly, voluntarily and expressly waive any claim that I may have against YOGA WITH DINA YOGA, its instructors and staff, and its owners, for any injury, death or damages that I may sustain as a result of participating in a Yoga Class, Workshop or Pre-registered yoga session;
5. I agree that I will not record, photograph or video any online classes and fully respect other student's privacy. Violation of this clause will result in termination from all future classes and we reserve our right to pursue all legal recourse. YOGA WITH DINA YOGA, does not take responsibility for any violation of this provision by a third party.
6. I, my heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I am 18 years of age or older and voluntarily agree to the terms and conditions stated above.

Participant signature: \_\_\_\_\_ Date: \_\_\_\_\_

❖ If the participant is under **18 years of age**: As a legal guardian of: \_\_\_\_\_, I consent to the above conditions and terms.

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Please provide a passport size photo in attachment to this registration.