Yoga Class Waiver

Participant signs before taking part in yoga practice. The yoga studio countersigns and keeps a copy.

Yoga studio and session details

ORGANISER NAME

CONTACT PHONE

STUDIO OR VENUE

CLASS STYLE

START DATE

Participant

FULL NAME

EMAIL

PHONE

DATE OF BIRTH

BLOOD GROUP

YOGA EXPERIENCE

MODE

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE

Health declaration

Any spine, neck or knee condition?

○ No ○ Yes

High or low blood pressure, or glaucoma?

○ No ○ Yes

Currently pregnant?

○ No ○ Yes

IF YES, OR ANY ALLERGY OR MEDICATION, GIVE DETAILS

☐ I am fit to take part in yoga practice and will tell the staff at once if that changes.

Risks of the activity

Yoga practice carries real risks, even with trained staff and good equipment. They include:

- Strains or overstretching, especially in deep backbends and inversions
- Dizziness from breathing practices or sudden changes of posture
- Falls when balancing
- For online classes, injury from an unsafe space at home

Rules

1. Practise within your own limits; skip any pose that causes pain.
2. Avoid a heavy meal for two hours before class.
3. Tell the teacher about injuries before class starts.
4. Hands-on adjustments only with your consent; you may decline at any time.

☐ I will follow them and any instruction from the staff. Staff may stop me from taking part if a rule is broken.

☐ I am happy for the teacher to give gentle hands-on adjustments.

Assumption of risk and release

- I take part voluntarily and accept the risks described above, as well as risks that cannot be foreseen.
- To the extent the law allows, I release the yoga studio, its staff and volunteers from claims for injury, illness, loss or damage arising from my participation, except claims caused by their gross negligence or wilful misconduct.
- I will compensate the organiser for loss caused by my own breach of the rules or deliberate damage to equipment or property.
- In an emergency, the staff may arrange first aid, transport and medical treatment for me. I will pay the reasonable costs that insurance does not cover.
- Nothing in this release limits any liability that cannot be excluded under Indian law, including the Consumer Protection Act, 2019.

Initials _____

☐ The organiser may use photos or videos of me taken during the activity in its own social media and promotion.

General terms

- Governing law. This document is governed by the laws of India.
- Entire agreement. This document is the whole agreement between the parties on its subject and replaces earlier discussions.
- Amendments. Changes are valid only in writing signed by both parties.
- Severability. If a clause is unenforceable, the rest of the document still applies.
- Electronic signatures. The parties agree to sign electronically; electronic signatures and records are valid under the Information Technology Act, 2000.

Participant

SIGNATURE

PRINTED NAME

DATE

Yoga studio

SIGNATURE

PRINTED NAME

DATE