

Waiver and Release of Liability

I, the undersigned, hereby agree to the following:

1. **Assumption of Risk**

I understand that yoga, strength and related physical activities involve inherent risks, including but not limited to physical injury, mental stress, and, in rare cases, serious injury or death. I voluntarily assume all risks associated with my participation in yoga classes, workshops, and any other activities offered by Yoga Strong LLP.

2. **Health and Medical Concerns**

I certify that I am physically fit and have no medical conditions that would prevent my full participation in yoga or related activities. I understand it is my responsibility to consult with a healthcare professional before participating if I have any concerns.

3. **Release of Liability**

I release and discharge Yoga Strong LLP, its owners, instructors, employees, volunteers, and agents from any and all liability, claims, demands, or causes of action resulting from any injury, loss, or damage to my person or property arising from my participation in studio activities.

4. **Personal Responsibility**

I agree to follow all instructions provided by the instructors and staff. I acknowledge that it is my responsibility to notify the instructor of any physical limitations or discomfort during the practice.

5. **Photography and Media Release (Optional)**

I grant permission for Yoga Strong LLP to use photographs or videos taken during classes for promotional purposes, including on social media and the studio's website.

(Cross here ____ if you do not consent)

6. **Acknowledgment of Understanding**

I have read this liability waiver and fully understand its terms. I acknowledge that I am signing this waiver voluntarily and with full knowledge of its implications.

Name & Date

Signature