

Waiver and Release of Liability for Minors

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.

If the participant is a minor, the parent or legal guardian warrants and represents that this Release Agreement, its significance and the assumption of risk, has been explained to and understood by the minor child (children) or ward(s). I hereby declare, under penalty or perjury, that I am the parent or legal guardian of the following named participant(s):

Minor Participant's Name(s)

I hereby release and agree to indemnify and hold harmless Yoga Strong LLP and its agents, employees, officers, members, contractors, instructors, successors and assigns from all liabilities incident to my minor child's (children's) involvement or participation as described above.

Participant and/or Parent/Guardian Name & Date

Participant and/or Parent/Guardian Signature