



YOGA CLASS WAIVER FORM

Asana (yoga posture) means 'posture easily held'. If at any time during class, you feel discomfort or strain, gently come out of the posture. You may rest at any time during class. It is important in yoga that you listen to your body and respect its limits on any given day.

I, the undersigned, understand that yoga is not a substitute for medical attention, examination, diagnosis or treatment. I should consult a physician prior to beginning any activity program, including yoga. I recognize that it is my responsibility to notify my teacher of any serious illness or injury before every yoga class. I will not perform any postures to the extent of strain or pain.

I accept that neither the instructor, nor the hosting facility is liable for any injury or damages to person or property resulting from taking of the class. **Those under 18 years of age must have this form signed by a parent or guardian.**

Name (Print)

Email

Phone#

____-____-____

Join our email list to receive reminders and notifications

Sign up for newsletters and promotions

Signature

Date

____/____/____

Parent/Guardian (PRINT)

Signature

Date

____/____/____

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