

Energy Of One Yoga

Lisa Apeltauer

0417 502 298

2021 chair yoga



NAME _____

ADDRESS _____

SUBURB _____ POST CODE _____

Phone _____ Email: _____

Emergency contact (Name & Number) _____

Birthday _____

Any Injuries/Illness? _____

I, _____, represent and agree to the following: That I am participating in a **CHAIR yoga** class offered by Energy of One Yoga. I understand that 90% of the class is done sitting on a chair and all yoga poses are adapted and modified for individual requirements and health restrictions.

1. During the yoga class I will receive information and instruction about yoga and health, **but I am aware that I am responsible for my own body and will not push myself beyond my limitations.**
2. I recognize that yoga requires physical movement which I may find strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved, **BUT** I know that I can rest at any time during the class or not participate in activities that I am not comfortable with.
3. **I have been examined by a licensed physician within the past six months who found me fully able to participate in a CHAIR YOGA class. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in all yoga classes and workshops.**
4. In consideration of being permitted to participate in yoga classes and workshops, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur because of participation.
5. I will not hold you, your partners, instructors, or employees responsible for any injuries suffered by me, caused wholly or in part by my failure to faithfully follow the instruction of you or your instructors or by any physical impairment of mine that I failed to fully disclose.
6. In further consideration of being permitted to participate in the yoga classes and workshops, I knowingly, voluntarily, and expressly waive any claim I have against Energy of One Yoga for injury or damages that may occur because of participation.
7. I understand that classes, once paid for, are non-refundable.
8. I agree to follow Covid-19 regulations and guidelines set by Energy of One Yoga as per Government requirements.

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

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

DATE

SIGNATURE