FLOW YOGA AUSTRALIA

Agreement of Release and Waiver of Liability for Participation in Flow Yoga classes

PLEASE READ CAREFULLY AND COMPLETELY BEFORE SIGNING. 1. I am or will be participating in Classes (Programs) offered by Flow Yoga Australia at Flow Studio. These classes entail physical activity. I recognise that such physical activity may be difﬁcult and may cause or aggravate a physical injury or medical condition. I am fully aware of and accept the risks and hazards involved. I choose to voluntarily participate in the Programs and by participating, I assume full responsibility for all risks to me. 2. I understand that it is my responsibility to consult with my healthcare practitioner prior to and regarding my participation in the Programs offered by Flow Yoga Australia and Flow Studio, and to receive prior approval to participate. I represent and warrant that I am physically ﬁt and I have no medical condition or injury, which would prevent my full participation in the Programs. I assume full responsibility for my participation and understand that a release from my healthcare provider may be required. 3. In consideration of being permitted to participate in the Programs, I agree to assume all full responsibility for any risks, conditions, injuries, or damages, known or unknown, which I might incur or aggravate as a result of my participating in same. 4. In further consideration of being permitted to participate in the Programs, I knowingly, voluntarily, and expressly waive any claim I may have or acquire against Flow Yoga Australia and Flow Studio (Flow) or their agents, tenants, landlords, managers, employees, substitutes & teachers for any injury, condition or damages that I may sustain as a result of entering or being on the premises or participating in the Programs. 5. I, my heirs or legal representatives, forever release, waive, discharge, hold harmless and covenant not to sue Flow Yoga Australia or Flow Studio, or their agents, tenants, landlords, managers, employees, substitutes & teachers for any condition, injury to my person, or damage or loss to my property, which arises, is caused by or is aggravated by reason of my participation in the Programs. 6. I understand that it is my continuing responsibility to inform Flow Yoga Australia of any previous medical conditions, injuries or surgeries prior to my ﬁrst class. I also understand that it is my continuing responsibility to continue to inform Flow Yoga Australia and Flow Studio of any changes to my health or medical condition. 7. I also understand that except for a monetary refund of class fees, I have no claims against Flow Yoga Australia and Flow Studio, or their agents, tenants, landlords, managers, employees, substitutes & teachers, by reason of their refusal to allow me to participate in the Programs. 8. Flow Yoga Australia warrants that they will not share, distribute or sell my email address or contact information to any third party. I understand that whilst every possible care will be taken throughout the class I am responsible for adjusting my practice according to my limitations to ensure that no personal injury occurs. I understand I am free to rest when needed and/or to not participate in postures or exercises that do not feel appropriate. I hereby declare that I take full responsibility for myself during the classes. 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. My name: Signature: Date: