



YOGA TEACHER LIABILITY STUDENT WAIVER AGREEMENT

I _____ (print full name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I acknowledge that I alone am responsible for monitoring my physical discomfort and shall stop any postures that are painful. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga, and if I have any medical conditions that might affect my abilities, I shall inform the instructor and provide any medical clearance from my doctor if requested by the instructor. I understand that I may not be able to participate in this class if I am not able to provide such clearances. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Jordana Carmel or Urban Sanctuary, LLC and hereby indemnify Jordana Carmel and Urban Sanctuary, LLC from and against any and all claims, injuries, damages, liability, and causes of action, including costs and attorneys' fees, arising from or related in any way to my participation in this class, including without limitation any claims for negligence, illness, personal injury or death.

Signature of student, parent or guardian

Date

/Users/jordanashomefolder/Library/Mobile Documents/com~apple~CloudDocs/Yoga/2022 YOGA Student Waiver.doc

Jordana Carmel,
Integrative Lifestyle and Certified Health Coach, Therapeutic Yoga Teacher, Licensed Massage Therapist
www.Jordana.Yoga & www.JordanaCarmel.com JZCarmel@mac.com
(301) 455 - 0099