

Illawarra Yoga and Psychology Studio Liability Release Form

1. This is a legal document, an agreement between Illawarra Yoga and Psychology and the person whose name, address, and details appear on the attached Student Health Information form. I acknowledge that as a condition of participating in this activity, I do so at my own risk. By signing this form, I understand that all information I have provided is correct and honest.
2. I agree that I will notify the teacher of any injuries, ongoing medical conditions or relevant health concerns, recent surgery, or medication EVERY time I attend class. This includes, but is not limited to, back, knee, shoulder, or neck pain, pregnancy, high blood pressure, heart disease, or epilepsy.
3. I acknowledge that while all care is taken, Illawarra Yoga and Psychology is in no way responsible for the safekeeping of my personal belongings while I attend class.
4. I understand that classes may be physically strenuous, and I voluntarily participate in them with full knowledge that there is a risk of personal injury. I understand that it is my personal responsibility to work within the limitations of my own body and to rest as much as I need to.
5. I agree that neither I, my heirs, assigns, nor legal representatives will sue or make any other claims of any kind whatsoever against Illawarra Yoga and Psychology or its members for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise.
6. I recognize there may be no or inadequate treatment or transport of me if I am injured. I hereby authorize the staff or contractors of Illawarra Yoga and Psychology to act for me according to their best judgment in any emergency requiring medical attention. All medical expenses incurred will be the responsibility of the participant or participant's family. I certify to Illawarra Yoga and Psychology that I have no physical conditions or mental impairments that would be affected by participation in Illawarra Yoga and Psychology activities.
7. Illawarra Yoga and Psychology will not be liable for participants who disobey safety instructions given, and for clients who exercise without receiving clearance from their doctor.
8. I must not be under the influence of illegal drugs or alcohol.
9. I must supply my own towel and water in a non-leaking water bottle.
10. Only financial Illawarra Yoga and Psychology members are permitted to be at the sessions at any time unless a free pass has been provided by the head teacher; proof of this offer must be in writing.
11. Illawarra Yoga and Psychology participants must obey and follow the teacher's instructions. Illawarra Yoga and Psychology participants must use the equipment as instructed by the teacher and must conform to the general training etiquette of sharing session equipment with other Illawarra Yoga and Psychology participants.
12. In the event you leave personal items in possession of an Illawarra Yoga and Psychology teacher or within the studio during a session, Illawarra Yoga and Psychology does not accept responsibility for any lost or stolen property.
13. For all pre-booked Class Sessions and Personal Session appointments, students will be charged for the session if they fail to cancel 24 hours before the scheduled time.
14. If a student cannot continue to use a pre-purchased membership, they have the choice to: Transfer the remainder of their package to another person who is a non-Illawarra Yoga and Psychology member or transfer the remainder package amount toward a personal session package.

15. Illawarra Yoga and Psychology may have photos or video footage that are taken during the course of a session. If you do not wish your or your child's photo to be used in media material on the Illawarra Yoga and Psychology website and social media, please specify by circling this paragraph.

I certify that I am 18 years of age or older and have read this document and fully understand it, or as a parent or guardian of the participant (a) I agree to the above for myself and on behalf of the participant and (b) I indemnify and will keep indemnified any person directly or indirectly associated with the conduct of the activity on the terms referred to above. I have read and understood the Studio Etiquette above and agree to abide by these conditions and other conditions as directed by Illawarra Yoga and Psychology.

Participant Name: _____

Participant Signature: _____

Date: _____

Emergency Contact Name: _____

Emergency Contact Number: _____