

LOTUS BLOOM YOGA

Cheryl Walters

Agreement of release and waiver of liability Assumption of risk

I am participating in yoga classes offered by Cheryl Walters during which I will receive information and instruction about Yoga. I recognize that Yoga requires physical exertion, which may be strenuous and may cause physical injury, I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician prior to and regarding participation in the yoga classes or workshops offered by the three above Yoga Teacher's. I represent and warrant that I am physically fit and have no medical conditions that would prevent my full participation in the yoga classes.

In consideration of being permitted to participate in yoga classes I agree to assume full responsibility for any risks, injuries or damage, known or unknown, which I may ensure as a result of participation.

In further consideration of being permitted to participate in yoga classes, I knowingly, voluntarily and expressly waive my claim I may have against Cheryl Walters for injury or damage is that I may sustain as a result of participation, including claims of negligence.

I realize that not all yoga postures practiced in the class are suitable for me. I acknowledge that I am responsible for understanding the contradictions for my individual health issues. I agree to practice yoga within the range that are safe and suitable for me.

In consideration that I will also not hold any individual participating in a yoga class and or I will not hold Cheryl Walters responsible if I attend a class and contract the coronavirus.

I, my heirs, agents, assignees and legal representation forever release, waiver, discharge, and covenant not to sue Cheryl Walters for any injury or death caused by negligence or other omissions or acts.

Waiver of Claims and Liability related to Coronavirus and Agreement I understand that indoor and outdoor yoga classes and yoga workshop/events space usage can be a close contact activity that increases the risk of exposure to Coronavirus. I understand that the CDC recommends maintaining "social distancing" of 6 feet or more and in a setting this may not always be possible or practical. I understand that I could be exposed to Coronavirus at any Lotus Bloom Yoga LLC, and Cheryl Walters, classes or events and could become ill after such exposure. I agree that Lotus Bloom Yoga LLC, and Cheryl Walters has taken reasonable precautions to prevent my exposure to Coronavirus and that no amount of care or caution by Lotus Bloom Yoga LLC, or Cheryl Walters can eliminate the risk that I am exposed to Coronavirus or develop illness. I agree that there is no way to determine if any illness I may get is the fault of or cause by Lotus Bloom Yoga LLC, or Cheryl Walters and I waive any claim I may make that Lotus Bloom Yoga LLC, or Cheryl Walters caused any illness I may develop. I voluntarily agree of my own free will to be with Lotus Bloom Yoga LLC, and Cheryl Walters and participate in activities with Lotus Bloom Yoga LLC, and Cheryl Walters. I assume any risk of infection and covenant not to sue Lotus Bloom Yoga LLC, or Cheryl Walters; and if I do sue, it is a breach of this agreement which is legally enforceable.

I have read and fully understand the above agreement and release and waiver of liability. By my signature below, I voluntarily agree to the terms and conditions above.

DATE: _____

NAME (PRINTED): _____

SIGNATURE: _____

EMAIL ADDRESS: _____