

## Goddess Yoga Liability Waiver

I, \_\_\_\_\_ agree that the information I have provided on this page is accurate and up to date. I understand that \_\_\_ Goddess Yoga International Instructor Angela MacKay\_\_\_ is not liable for any injury or damage to my health resulting from any exercise program and advice given to me. I agree that any change to the information on this page is my responsibility to update and not that of GODDESS YOGA INTERNATIONAL or its agents.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

While practicing, I understand that physical exercise can be strenuous and subject to risk of serious injury and I was urged to obtain a physical examination from a doctor before participating in any exercise activity. I agree that if I engage in any physical exercise or activity, I am doing so entirely at my own risk. I agree that I am voluntarily participating in these activities and assume all risk of injury, illness or death. I agree to inform the teacher of all injuries and medical/mental health conditions that are relevant to keeping my mind, body, and spirit safe for the duration of the class.

The waiver and release of liability includes without limitation, all injuries which may occur as a result of (a) my participation in any activity or personal training session and (b) instruction, training, supervision, or dietary recommendations by the instructor.

I acknowledge that I have carefully read this “waiver and release” and fully understand that it is a release of liability. I expressly agree to release and discharge the instructor & or myalignmentmastery.com/goddessyogainternational.com from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I may otherwise have to bring a legal action against the instructor & or myalignmentmastery.com/goddessyogainternational.com for personal injury or property damage.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Printed First & Last

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_