

Pink Lotus Yoga Waiver:

I represent and warrant that I am in good physical health and do not suffer from any medical condition that would limit my participation in yoga programs offered by Pink Lotus Yoga. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in any of the yoga classes, workshops, series, events, meetings, and trainings at Pink Lotus Yoga. I understand the risks associated with the activities offered by Pink Lotus Yoga.

I hereby WAIVE AND RELEASE Pink Lotus Yoga, its owner, officers, employees, trainees, and instructors from any claim, demand, cause of action of any kind resulting from or related to my participation in the programs offered by Pink Lotus Yoga. In taking part in Pink Lotus Yoga's classes, workshops, series, events, meetings, and trainings, I understand and acknowledge that I am fully responsible for any and all risks, injuries, or damages, known or unknown, which might occur as a result of my participation. I understand that the physical and mental techniques I practice in yoga training may result in discomfort, stress, or physical injury.