

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I am participating in the Mission Ashtanga Yoga classes taught by Claire Lavery in San Francisco, California and/or online classes through Mission Ashtanga Virtual Shala.

I am aware that yoga requires physical exertion that may cause physical injury, and I am aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in these classes.

I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in these classes. I agree to hold Mission Ashtanga and Claire Lavery harmless from the same. I specifically agree that Mission Ashtanga and Claire Lavery shall not be held liable for any claim, demand, cause of action of any kind whatsoever for, or on account of death, personal injury, property damage or loss of any kind resulting from or related to my use of the class facilities, or my participation in any physical exercise, yoga, or activity within or without the class premises.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Print Name Legibly

Signature

Date

Email: _____

Phone Cell: _____

Phone Land: _____

EMERGENCY
Contact Name:

Phone: