

THE ZEN IN ME WAIVER & RELEASE FORM



Welcome to your first class with The Zen In Me. We are so excited to have you join us! Before participating in the class we ask that you read the waiver release below. By signing this waiver and participating in the yoga class as well as any other activities or talks offered by The Zen In Me, you consent that you have read and agree to the terms of the waiver.

If at any time during the class, you feel discomfort or strain, gently come out of the yoga posture. You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day.

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation.

I understand that Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program, if required. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate.

I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk.

I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against The Zen In Me and all related facilities and premises for any personal injury or negligence.

Additionally, the facility, partners, instructors and The Zen In Me are not in any way responsible for any loss or damage of your personal property.

Those under 18 years of age must have this form signed by a parent or guardian.

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.

In relation to image use, I, the participant, grant The Zen In Me the right to assign to use, re-use, copy and reproduce, broadcast in whole or in part, individually the images taken of me.

I agree that The Zen In Me owns all rights in all media throughout the world in the photography. To the extent that I may own any, I assign all present and future copyright owned by me in the photography to The Zen In Me.

The Zen In Me may use and authorise the use of the photos in whole or part in any manner The Zen In Me considers appropriate, including for advertising and promotional purposes, print advertising, social media, and online/website. I authorise The Zen In Me to contact me regarding any upcoming marketing or advertising promotions.

I authorise The Zen In Me to use and authorise the use of my name in connection with any use of the photography.

I have carefully read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognize that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law and that it cannot be changed orally.

If under the age of eighteen, this needs to be signed by a parent or legal guardian.

I (childs full name) _____

Of (childs full address) _____

Postcode

Phone: _____ Mobile: _____

Email: _____

Instagram: _____

Have read, fully understand, and agree to the above Zen In Me waiver and release form

Signed: _____

Or Parent/Guardian _____

Dated this: _____ day of _____ 20