



Institute for Jewish Spirituality™

Cultivating Mindfulness. Deepening Connection. Enlivening Jewish Life.

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## YOGA STUDIO RELEASE FORM

I understand that each person's level of fitness is different, and that participating in yoga carries certain inherent risks of personal injury that cannot be eliminated regardless of the care taken to avoid injuries. I accept the need to monitor my own participation. It is my obligation to decide whether to sit out an exercise, let the instructor know that I am choosing not to participate, or otherwise ask for help. I hereby assert that my participation is voluntary and that I freely and knowingly assume all such risks from my participation.

I also represent and warrant that I do not have any injuries, past or present, which may impede my participation in yoga classes. For good and valuable consideration, including my right to participate in yoga classes, I, for myself, my heirs, personal representatives, or assigns, do hereby release, waive, discharge, the Institute of Jewish Spirituality, together with its instructors, directors, officers, staff and other representatives, from any and all demands, liabilities, claims and causes of action related to my participation in yoga, including but not limited to claims for personal injury and damage to property. I further agree to indemnify and hold the Institute for Jewish Spirituality and its representatives harmless from any injury (including death) or damage to myself and to others, caused in whole or in part by my participation, or in whole or in part by the Institute.