



## THE SANCTUARY YOGA ROOM

### LIABILITY WAIVER

The Sanctuary Yoga Room  
AGREEMENT OF RELEASE AND  
WAIVER OF LIABILITY Please  
remember that it is your responsibility  
to inform the instructor of your  
limitations (such as back, neck,  
shoulder or knee problems and/or  
pregnancy) before class begins. I  
represent and warrant that I am in  
good physical health and do not suffer  
from any medical condition which  
would limit my participation in the  
classes offered at The Sanctuary Yoga  
Room (TSYR). I understand that it is my  
responsibility to consult with a  
physician prior to and regarding my  
participation in any of the yoga classes,  
programs, or workshops. I understand  
the risks associated with the activities  
offered by The Sanctuary Yoga Room  
and I agree to follow all instructions so  
that I may safely participate in classes,  
workshops, or other activities. I hereby  
WAIVE AND RELEASE Rebecca Butler

Yoga DBA The Sanctuary Yoga Room,  
its owners, officers, employees, and  
instructors from any claim, demand,  
cause of action of any kind resulting  
from or related to my participation in  
the programs offered at the facility. In  
taking part in the yoga classes,  
workshops or other activities at TSYR, 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 in the classes,  
workshops, or other activities. I have  
read the above release and waiver of  
liability and fully understand its  
content. I am legally competent to sign  
and voluntarily agree to the terms and  
conditions stated above. Please  
practice mindfully and enjoy the many  
benefits of practicing yoga with TSYR.