



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.