



Waiver & Release Form

If at any time during the class, you experience any emotional and/or physical discomfort or strain, discontinue the activity, and if required, ask for support from the facilitator. You are welcome to come out of the shape or form and rest at any time during the class, for any reason. Continue to breathe smoothly. It is important in yoga that you listen to your body and respect your body's limits on any given day.

Yoga includes physical movements, as well as an opportunity for relaxation and relief of muscular tension. As is the case with any physical activity, the risk of injury is present which cannot be entirely eliminated. Yoga can be beneficial to mental health and wellbeing. However, it is possible to experience emotional distress.

This class (facilitated either in-person or online by Zoom) is not a psychological service and Yoga is not a substitute for individual physical or psychological therapy, or medical examination, diagnosis or treatment. Yoga is not safe for those with certain medical conditions. You should consult with your relevant health practitioner prior to commencing classes.

By signing this form, I acknowledge that I have read and understood this form, and agree that:

- I will make the facilitator aware of any formally diagnosed psychological or medical conditions, or any other physical or mental health limitations before class.
- If I am pregnant or become pregnant, or am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate.
- It is my responsibility to decide to participate in this class, and participation is at my own risk.
- The facility, facilitator and Zosia Yoga are not responsible for any loss or damage of my personal property.
- I understand this class is not a psychological service, and I will seek appropriate medical and/or psychological support from appropriate health practitioners as necessary.
- To the extent possible under Australian law, I release Zosia Yoga and its facilitators from any claim for negligence or personal injury arising from the yoga service.
- Zosia Yoga has the right to refuse my participation in this class, at any time.
- If any part of this waiver and release is found by a Court to be invalid, that part is severed, and the remainder of the release and waiver remains in full effect.

Signature: _____ Date: _____

Name: _____

If you are under the age of 18, this form must also be signed by a parent or guardian.

Guardian Signature: _____ Date: _____

Name: _____