



Owned and Operated by Rural Yoga Tribe, LLC

Liability Waiver

Rural Yoga Tribe, LLC recommends that you consult your physician or healthcare provider before starting any physical activity or exercise program. Always follow the recommendations of your physician or healthcare provider.

I hereby affirm that I am in good physical health and do not suffer from any mental or physical condition or disability which would prevent or limit my participation in participating in yoga or other wellness activities provided by an independent contractor (fitness instructor/yoga instructor/wellness consultant) at Zen Den (aka: Rural Yoga Tribe, LLC).

In consideration of the fee paid participants understands that there is a risk of personal injury in the course of instruction and, with this knowledge, agrees to assume the risk of any injury and damages to participant during instruction and class time.

I understand that I am participating in an activity or program that may require strenuous physical activity, including but not limited to aerobic activity, stretching, movement, yogic asanas, aerobic and anaerobic conditioning classes, and use of props and other assistive devices offered by Rural Yoga Tribe, LLC. I understand and am aware that strength, flexibility, aerobic and anaerobic exercise, including the use of equipment, and any program my instructor may involve me in potentially hazardous activities. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities. I hereby agree to expressly assume and accept and all risk of injury and death.

As a participant, I further agrees to strictly obey instructors and observe safety rules.

In consideration of my participation in training with an independent contractor (yoga instructor/Pilates instructor/fitness instructor) at Rural Yoga Tribe, LLC, I, for myself, my heirs and assigns, hereby release Rural Yoga Tribe, LLC, its employees, independent contractor, officers, and owners from claims, demands, and any causes of action arising from my participation in any fitness/yogic/meditative/training program at Rural Yoga Tribe, LLC.

I fully understand that I may injure myself as a result of my participation in any yogic or fitness program at Rural Yoga Tribe, LLC, and hereby release Rural Yoga Tribe, LLC, from any liability now or in the future including, but not limited to muscle strains, heart attack, back injuries, broken bones, or soreness occurring during or after my participation in any yogic, meditative, or fitness program.

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in physical activity with Rural Yoga Tribe, LLC. I, the undersigned, know

that my participation with Rural Yoga Tribe naturally involves the risk of injury to myself. As such, I understand and voluntarily accept this risk and agree the Rural Yoga Tribe, LLC, will not be liable for any injury, including, but not limited to personal, bodily, or mental injury. Having such knowledge, I hereby release Rural Yoga Tribe, LLC, its representatives, agents, and successors from liability for accidental injury, illness, or death which I may incur as a result of participating with Rural Yoga Tribe, LLC. I hereby assume all risks connected therewith and consent to participate with Rural Yoga Tribe, LLC. I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate with Rural Yoga Tribe, LLC.

Specifically, participant agrees to hold harmless Rural Yoga Tribe, LLC and all other individuals, organizations, sponsors, promoters, operators, hosts, instructors, associations, schools, owners, officials, directors, employees and other participants connected with Rural Yoga Tribe, LLC from all losses, damages, injuries, causes of actions, claims, or complaints in the event that the participant is damaged or injured in any way during the participation, instruction and/or performance of any exercise or during any activity associated with participation in classes or training at any locations associated with Rural Yoga Tribe, LLC.

Because of the physical demands of yoga and/or fitness instruction participant understands that he/she must be in good physical condition to participate in the event. Participant understands that in case of injury, the only medical treatment Rural Yoga Tribe, LLC will provide is first aid.

Participant agrees that any pictures, audio, or visual recordings taken of him/her in connection with the classes and/or training can be used for publication, promotion, articles, shows and advertisement without additional consent and without compensation at this time or any other time.

This agreement constitutes the sole and entire agreement between Rural Yoga Tribe, LLC, and myself in regards to the training and/or classes described above. No other agreement exists between us, and Rural Yoga Tribe, LLC, has made no representations to me verbally or in writing, about such yogic and/or fitness program stated herein.

I have read and understand this release and agreement and agree to its provisions. I am not under their influence of any drugs, alcohol, or other intoxicants. I am not suffering from any illness or incapacity. I am over 18 years of age. (If not over 18 years of age, parent or guardian must sign.)

Print Client Name

Client Signature

Date