

**FITNESS AND WELLNESS RECOMMENDED LOSS CONTROL
PREVENTION FOR YOGA INSTRUCTORS**

"The following Release and Waiver of Liability agreement was drafted based on California law. While some courts in California have upheld language similar to that found in the enclosed Release. Laws vary from state to state regarding this issue. Please check with local counsel prior to using the enclosed Release in your own membership agreement for any applicable modifications."

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I, _____, hereby agree to the following:

1. That I am participating in the Private Ashtanga Yoga and/or Pranayama Instruction offered by Robin Ellen Lucas, MA during which I will receive information and instruction about yoga, pranayama breathwork and health. I recognize that yoga and pranayama require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Private Ashtanga Yoga and/or Pranayama Instruction. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Private Ashtanga Yoga and/or Pranayama Instruction.

3. In consideration of being permitted to participate in Private Ashtanga Yoga and/or Pranayama Instruction, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the class.

4. In further consideration of being permitted to participate in Private Ashtanga Yoga and/or Pranayama Instruction, I knowingly, voluntarily and expressly waive any claim I may have against Robin Ellen Lucas, MA for injury or damages that I may sustain as a result of participating in the class.

5. I, my heirs or legal representatives forever release waive, discharge and covenant not to sue Robin Ellen Lucas, MA for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Date: _____ Sign: _____