

AGREEMENT OF RELEASES AND WAIVER OF LIABILITY FORM

I, _____, hereby agree to the following:

I am participating in a Yoga class offered by Lisa McBride. I recognize that yoga may require some physical exertion which may be strenuous and could possibly cause physical injury. I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in yoga classes.

I agree to assume full responsibility for any risk, injury or damages, known or unknown, which I might incur as a result of participation in the class.

I knowingly, voluntarily and expressly waive any claim I may have against Lisa McBride, or any event hosts, facilities, and sponsors, for any injury of damages that I may sustain as a result of my participation in the yoga class.

I, my heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents.

REGISTRANTS

SIGNATURE _____

EMAIL _____

DATE _____