

Agreement of Release and Waiver of Liability
Rasayana Studio, Suite 240 – 9220 Glover Rd, Fort Langley, BC

Print name _____

Address _____

City _____ Prov. _____ Postal Code _____

Phone # _____ Cell# _____

E-mail _____

Emergency Contact _____ Phone # _____

Referral Source _____

Physical Concerns or Injuries _____

1. I acknowledge that the participation in any one, and/or all of the following: Yoga/Dance ('Movement Practice'), and any other modality that I participate in at Rasayana Studio, is intended for the maintenance of the best possible state of health, but that the benefits may be different for each individual.
2. I acknowledge and understand that 'Movement Practice' includes physical movements, and as in the case of any physical activity, presents a potential risk for injury. If at any time I experience pain or discomfort, I will respect my limits and adjust the posture; I will stop or rest as required.
3. I maintain full responsibility for my own health and safety during 'Movement Practice' at Rasayana Studio. (You are encouraged to seek the advice of a health professional before beginning any new physical activity).
4. It is my responsibility to ascertain that there is no medical or other reason to limit my participation. I acknowledge that participation is voluntary and I take full responsibility and release Rasayana Studio and its instructors from liability now or in the future with regard to any injury or situation that may arise as a result of my participation.
5. I acknowledge that by signing this disclaimer once, it will cover all subsequent visits.

Signature _____ Date _____