



YOGA LIABILITY WAIVER & INTAKE FORM

COVID-19 RELEASE OF LIABILITY & PROCEDURES

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have limited the number of group gatherings.

PROCEDURES FOR ATTENDING MOVEMENT MINDFULNESS AND ME

I understand that to participate in classes at Movement Mindfulness and Me that I may be subject to the following to be allowed into the facility and to practice in the studio space, receive services, or purchase inventory items:

- A staff member taking my temperature
- Social distancing upon entering the studio, using designated markers to ensure I am 6 feet away from others
- Wearing a facial covering to protect others upon arrival as advised by state order
- Proper hand washing hygiene and use of hand sanitizer as needed
- Covering of coughing and or sneezing
- Not being of ill health or currently sick
- Being asked to leave if I have a fever
- Adhering to state mandate if deemed high risk by state, federal and CDC guidelines

RELEASE OF LIABILITY

I understand that the risk that I may become exposed to or infected by COVID-19 is my sole responsibility and Movement Mindfulness and Me waives all liability as aforementioned best practices will be followed. I release all liability from Movement Mindfulness and Me from the actions, omissions, or negligence of myself and others, including, but not limited to, Movement Mindfulness and Me employees, volunteers, and participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at the studio or participation in Movement Mindfulness and Me events and/or services.

I hereby release liability and hold harmless Movement Mindfulness and Me, its employees, agents, and representatives from all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of Movement Mindfulness and Me, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Movement Mindfulness and Me activity or admittance into the facility.

I understand my responsibility in staying home when ill, informing Movement Mindfulness and Me of an expected or confirmed case of COVID-19 exposure, maintaining proper hygiene, and following the proper social distancing procedures when participating or attending Movement Mindfulness and Me classes and services.

YOGA LIABILITY WAIVER & INTAKE FOR CHILDREN, TEENS and ADULTS

I hereby agree to the following:

I and/or my child has permission to attend a yoga class from Movement, Mindfulness and Me, LLC.

I and/or my child are participating in classes or services during which we will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury, and 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 and/or my child's participation in any physical fitness program, including yoga. I represent and warrant that I and/or my child have no medical condition that would prevent us from participation in physical fitness activities.

In consideration of being permitted to participate in the yoga classes, I agree to assume full responsibility for any risks, injuries or damages, known and unknown, which I and/or my child might incur as a result of participating in the program. In further consideration of being permitted to participate in the yoga classes, I knowingly, voluntarily, and expressly waive any claim I and/or my child may have against the instructor, the owner, or the leaseholder of the building for injuries or damages that I and/or my child may sustain as a result of participating in classes or workshops conducted by Movement, Mindfulness and Me, LLC.

If I and/or my child participates in other classes or events at Movement, Mindfulness and Me, LLC, I will also assume full responsibility for any injuries that may result from our participation, with the same considerations that this waiver stipulates for yoga.

For classes taken with an instructor that is also a medical professional, my signature below further acknowledges that in this setting the instructor is acting solely as a yoga instructor.

PHOTO RELEASE: I give my permission for Movement, Mindfulness and Me to use my or my child's image (photo or video) for website or newsletter and teaching seminars. I and/or my child will not be identified by name in such images.

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

Name, Parent's or Guardian's Name

Child's Name if applicable

Name, Parent's or Guardian's Signature and Date

Child's Date of Birth

Child's Gender

Emergency Phone Number

Email Address (Parent's or Guardian's if applicable)

Please list any medical concerns the yoga teacher should be aware of:

How did you hear about this class?
