

Yoga Class Liability Waiver & Informed Consent

Acknowledgment & Assumption of Risk

I understand that yoga and related activities offered by Healing Trauma Center, Inc. involve physical movement and may include stretching, strengthening, balance, breathwork, and relaxation. I acknowledge that participation involves inherent risks, including but not limited to muscle strain, dizziness, falls, or other injury.

I voluntarily choose to participate, **and assume all risks of injury**, and affirm that I am physically able to do so. I agree to listen to my body, modify or stop activities as needed, and assume full responsibility for my participation.

I knowingly and voluntarily assume all risks associated with participation and agree that **I will not hold Healing Trauma Center, Inc. liable for any injuries, losses, or damages** arising from my participation. to the fullest extent permitted by law.

Release of Liability

In consideration of being allowed to participate. I hereby release and hold harmless Healing Trauma Center, Inc. its owners, instructors, employees, and agents from any and all claims or liability for injury loss, or damage **including, but not limited to attorney's fees and costs, medical payments, or bodily injury damages** arising from participation, including negligence, to the fullest extent permitted by law.

Medical Disclaimer

I understand that yoga instructors are not medical professionals and that yoga is not a substitute for medical care or treatment.

Agreement

I understand that it is required of me to avoid any type of bullying, violence and aggressive physical or verbal behavior. Any such behavior will result in the removal from the premises either willingly or with police escort. I also understand that I am responsible financially and legally for any damages to the building or harm to the staff or other participants.

My signature provided on the attached signature page indicates that I have read and understand this waiver and sign it voluntarily.