

Note: This is a sample; you should run all waivers and forms past your own lawyer.



Liability Waiver and Client Intake

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Acceptance of Responsibility and Waiver of Liability

I acknowledge and agree that I am voluntarily participating in the yoga and/or movement classes or the workshops offered by _____, during which I will receive instruction and information about said classes. I recognize that yoga and/or movement requires physical exertion, which may be strenuous and could cause injury. I agree to take full responsibility for not exceeding my limits in the practice of yoga and/or movement and for any injuries or discomfort I might experience in said practices. I am fully aware of the risks and hazards involved.

I agree to take care of myself. I understand that it is my responsibility to consult with a physician prior to and regarding participation in yoga and/or Pilates classes and workshops. I understand and accept that to properly teach and correct yoga and/or Pilates technique, physical contact between student and instructor may be necessary. I consent to such contact and recognize that the instructor will apply any necessary contact in a professional manner. I knowingly, voluntarily, and expressly waive any claim I may have against _____ for injury or danger that I may sustain as a result of participating in any yoga and/or movement classes or workshops. I, my heir(s), or legal representative forever release, waive, discharge, and covenant not to sue _____ for any injury or death caused by their negligence or other acts.

I take full responsibility for my personal belongings as well.

Signed: _____
Student

Address: _____

E-mail address: _____

Phone number: _____

Emergency contact: _____

What would you like to achieve by taking private lessons?

What have you found most confusing or difficult in your yoga practice thus far?

What comes easy to you in yoga?

What is your favorite part of yoga class?
