

A NEW POSTURE (UEN 53456233K)

Liability Waiver Agreement

In any physical activity, risk of serious physical injury is possible. I am aware that not all yoga exercises are suitable for everyone and this or any yoga or fitness program may result in injury. Yoga is not recommended and is not safe under certain medical conditions. I understand it is my personal responsibility to consult with my doctor regarding my participation. I have no medical condition, which I am aware of, that would prevent me from taking part in these activities, and I assume responsibility for any risk or injury I may sustain as a result of my participation. I am responsible for my own choices, actions, and results.

I understand that it is my responsibility to take care of my body. I am advised to work gently, respecting my body's abilities and limits and not to perform any movement that is painful. If I experience any pain or discomfort, I will listen to my body, and ask for support from the teacher.

While the teacher will provide meticulous guidance to perform exercises in a secure manner, they may not be able to oversee my actions throughout the entire duration. If I am impeded by physical constraints or uncertainties, I will abstain from attempting the exercise. Instead, I will promptly seek guidance from the teacher regarding modifications and clarifications.

I hereby acknowledge that I have read this waiver of liability completely and comprehend its content. I willingly accept responsibility for my own safety. I assume responsibility for any potential risk or injury I may sustain as a result of my participation to these yoga sessions. I hereby agree to irrevocably release and waive any claims that I may have against Julie Marizien, Yoga Teacher at A New Posture (UEN 53456233K).

For parent and child yoga sessions, I acknowledge that it is my responsibility (or the responsibility of a designated caregiver attending with my child) to closely supervise the child throughout all activities and to ensure that the child possesses the appropriate skills and abilities to engage in the yoga class. I willingly accept the responsibility for any potential risks or injuries that my child may encounter due to their yoga class attendance.

I understand that by inputting my name and initials into the designated form on the website, followed by selecting the SUBMIT option, I am digitally certifying this waiver and granting my consent with a digital signature.

Upon completing my digital agreement (by selecting the SUBMIT button), a copy of this waiver will be sent to me via email.