



## Registration Form and Liability Waiver

First & Last Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Home address: \_\_\_\_\_ City: \_\_\_\_\_ Postal code: \_\_\_\_\_

Email: \_\_\_\_\_ DOB: \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Do you have any of the following conditions that the instructor should be aware of:

- Asthma
- Dizzy spells/Fainting
- Heart/Circulatory Problems
- High or Low Blood Pressure
- Pregnancy
- Diabetes
- Epilepsy/Seizures
- Neck/Back/Spine Injury
- Joint injury (ankle, knee, hip, elbow, shoulder)
- Muscular injury

Other medical conditions, injury or disability \_\_\_\_\_

Recent Surgery: \_\_\_\_\_

Yoga & Fitness Level:

- Beginner
- Intermediate
- Advanced

By completing and signing this form, I hereby agree to the following:

1. That I am participating in Yoga/Fitness Class, Workshop session offered by The Yoga Bar during which I will receive information-instruction about Yoga/Fitness and using sports equipment provided by the studio ONLY. I recognise that yoga may require some physical exertion, which may be strenuous and may cause physical injury. I am fully aware of the risk and/or hazards involved.
2. I understand this is my responsibility to consult with a physician prior to and regarding my participation in Yoga/Fitness class. I certify that I am physically fit, and I have no medical condition, which would prevent me in participating in Yoga/Fitness class.
3. I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in any Yoga/Fitness class, including hot or warm temperature class.
4. I knowingly, voluntarily and expressly, waive any claims that I may have against The Yoga Bar (Jasper The Yoga Ninja Inc), its instructors, and staff, and its owners, for any injury, death or damages that I may sustain as a result of being in The Yoga Bar facility or as a result of participating in Yoga/Fitness class, including loss that may be caused by the negligence of the released party.
5. I release and discharge The Yoga Bar, its directors, owners, staff and its instructors from any and all liability, claim, demand, or action that I may have related to loss, theft or damage of any of my personal property while at The Yoga Bar facility.
6. I, my heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts.

I have read to the above and waiver of liability and fully understand its contents. I am 18 years of age or older and voluntarily agree to the terms and conditions stated above.

**Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

If participant is under **18 years of age:** As a legal guardian of \_\_\_\_\_,  
I consent above conditions and terms.

**Signature of parent/guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_