

Karuna Yoga
Online Yoga Class Waiver

I _____, understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation.

I am fully aware that an online yoga class is distinctly different compared to participating in a class under a teacher's guidance. I hold myself fully responsible for my online participation and make sure that my place of practice is as safe as possible.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I am in good health and physical condition to participate in such a yoga class. In addition, I will make the instructor aware of any medical conditions or physical limitations by email well in time before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, I verify that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk.

I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Kim Lu/Karuna Yoga. I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am participating voluntarily and recognize that this document serves as complete and unconditional release of all liability to the greatest extent allowed by law in the Province of Alberta.

Signature

Date