

# The Hindu Cultural Center

450 Albany Shaker Road, Albany, NY 12211

## **AGREEMENT OF RELEASE AND WAIVER OF LIABILITY**

Name: \_\_\_\_\_

Email ID: \_\_\_\_\_

Phone #: \_\_\_\_\_

### **PLEASE READ THE FOLLOWING INFORMATION AND SIGN BELOW:**

We are delighted to have you as a yoga student at The Hindu Cultural Center. We believe that Yoga is more than physical exercise. It is a transformative practice that integrates body and mind to arrive at deeper levels of relaxation and awareness. All exercise programs involve a risk of injury. By choosing to participate in yoga classes, you voluntarily assume a certain risk of injury.

Awareness is fundamental to the practice of Yoga. By attending this class, I affirm that I am solely responsible for my health and well being, as well as my decision to enroll in a yoga practice, a program of physical exercise. I do not have any physical conditions or disability that would limit my participation or preclude an exercise program. The Hindu Cultural Center and the instructors at The Hindu Cultural Center shall not be held liable for any injury, loss or damage to property and/or persons sustained during or as a result of participation in this workshop. I will be responsible to listen to my body and monitor myself during every session.

Signed on the \_\_\_\_\_ day of (month) \_\_\_\_\_, 20\_\_\_\_\_

By: \_\_\_\_\_

**Participant's Signature**

**Print Name**