

Become a Self-Care Vigilante

with AnnMerle

RELEASE AND WAIVER OF LIABILITY

I, _____, hereby agree to the following:

1. That I am participating in the Yoga Classes, Health Programs or Workshops offered by Ann M. Feldman, me, my agents, successors, or assigns during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult a physician prior to and regarding my participation in the Yoga Classes, Health Programs or Workshops. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in the Yoga Classes, Health Programs or Workshops.
3. In consideration of being permitted to participate in the Yoga Classes, Health Programs or Workshops, 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 the program.
4. In further consideration of being permitted to participate in the Yoga Classes, Health Programs or Workshops, I knowingly, voluntarily and expressly waive any claim I may have against Ann M. Feldman for any injury or damages that I may sustain as a result of participating in the program.
5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Ann M. Feldman for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Date_____ Signature of Participant_____

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I write a weekly blog on how women over 50 can own their self-care and live the lives they dream of. Would you like to join my blog and become a self-care vigilante? If so, please add your e-mail below and print clearly!

E-mail: _____

Thank You!