

YOGA

PERSONAL LIABILITY WAIVER



By attending Buddha Baby Yoga, you agree to and accept these terms:

1. I understand and acknowledge the fact that in yoga - inclusive of alignment and structural based practice – (as in other forms of exercise, sports, bodywork or self-development) there exists certain inherent risks and therefore release Sally Martin (Buddha Baby) of any liability.
2. I am aware of the physical risks involved by signing up for yoga; that yoga and similar forms of exercise is not a substitute for medical treatment, and that it is my responsibility to consult with the relevant medical practitioner prior to beginning any activity, inclusive of classes, workshops or programmes offered by Sally Martin (Buddha Baby).
3. I acknowledge my responsibility to advise the teacher of any physical condition which may limit or change my ability to participate in normal class instruction. I am also mindful that if at any time during class or receiving instruction I feel discomfort or strain, I must cease practice, inform Sally Martin and consult a medical practitioner, as appropriate.
4. I declare that I have no known medical condition which would prevent or advise against my participation in the class/es I choose to attend.
5. I voluntarily participate in the 'yoga' instruction. I am aware of the risks, and assume full responsibility for all injuries, or damages, known or unknown, which I might incur as a result of participating in these classes.
6. I understand that it is my responsibility to consult with my health care practitioner prior to (and where necessary, during) my participation in these classes. By signing below, I release Sally Martin (Buddha Baby) from liability for any injury, damage or loss to my person or property consequent upon participation in these classes.
7. I confirm I have consulted with my GP, midwife or health consultant prior to participating in any classes offered by Sally Martin (Buddha Baby). By signing below, I assume full responsibility for my wellbeing therefore waive any claims.
8. Adjust & Assist - I am happy for Sally Martin to physically assist or adjust my posture and poses where necessary in my movement practice.
9. Illness (including Covid-19): If you are feeling unwell, please ensure you do not attend class. By choosing to participate, you do so at your own risk and take full responsibility for any associated risk of illness (including Covid-19). I understand that Sally Martin (Buddha Baby) therefore waives all liability in relation to any loss suffered as a result of contracting any illness (including Covid-19) either directly or indirectly from group classes.

I have read, understood and agree to the terms and conditions and waiver of liability on this registration form.

Signed:

Print name:

Date: