

INDIVIDUAL RELEASE & LIABILITY WAIVER

I, _____, wish to voluntarily participate in yoga
(print participant name here)

classes, which are being held by From The Heart Yoga, ONLINE OR ONSITE at 85 Flanders Drive, Waterdown Ontario. I understand that any online or onsite activities I undertake at From The Heart Yoga, Louise Vien, may require strenuous physical exertion that could cause injury, I am fully aware of the risks involved and understand it is my responsibility to consult with a physician prior to participation. I acknowledge that attending the facility imposes risk to myself with regards to viral or bacterial infection that could result in disease. My participation is voluntary, and I fully acknowledge the inherent participatory dangers. I hereby agree to assume all risks of property damage, personal injury or death. I hereby agree to assume full responsibility for any manner of loss, injury, claim or damage whatsoever, known or unknown, incurred as a result of same and I, my heirs, executors, administrators, successors and assigns expressly release and forever discharge From The Heart Yoga, And the Program Instructor(s), Louise Vien; and their respective employees, instructors, assistants; from and against any and all actions, and waive any claim against them, their shareholders, officers, directors, successors, heirs and assigns for any loss, injury, claim or damage sustained as a result of my attendance and/or participation.

I have read the above release and waiver of liability, fully understand its contents and voluntarily agree to the terms and conditions stated herein in consideration for those services offered by From The Heart Yoga.

Signature: _____ Date: _____

Media Release - optional

I grant my permission to From The Heart Yoga to utilize any photographs, motion pictures, videotapes, recordings and other reference or records of the activity which may depict, record or refer to me for any purpose ("Likeness"), including commercial use by the released parties, their sponsors and their licensees. This permission is for use internationally and on the internet and for an unlimited period of time. I understand and agree that I will not be compensated or receive additional consideration for consenting to the use of my Likeness and that I will not be given a chance to receive, inspect or approve the promotional or marketing material, messages and/or content that my use my Likeness.

Signature: _____ Date: _____

Please print your name clearly: _____