

# Burlington Beach Rentals Yoga Waiver

**RELEASE OF LIABILITY, WAIVER OF CLAIMS, AND ASSUMPTION OF RISKS AGREEMENT  
BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS INCLUDING THE RIGHT TO CLAIM  
COMPENSATION OR SUE SHOULD YOU BE INJURED.**

**PLEASE READ CAREFULLY!**

SEASONAL AGREEMENT MAY 1<sup>ST</sup> – SEPTEMBER 30<sup>TH</sup> 2017

I \_\_\_\_\_ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. Participation in yoga class includes, but is not limited to, participation in meditation techniques, yogic breathing techniques and performing various yoga postures. Yoga postures, or asanas, are designed to exercise every part of the body..stretching and toning the muscles and joints, the spine and the entire skeletal system. They also work on the internal organs, glands and nerves. Yoga incorporates sustained stretching to strengthen muscles and increase flexibility. Yoga is an individual experience.

All classes will be held outside in a natural environment and as such are vulnerable to external influences not in our control including but not limited to weather, animals, natural trip hazards etc. My signature acknowledges this additional risk and I understand that I am waiving my right to sue or collect damages for any injury that is sustained while in this natural environment. In addition scheduled classes may be cancelled or rescheduled due to external factors such as weather and that I will not be reimbursed for said classes. Valid email must be on file with our online booking system so we may contact you in the event of a cancellation.

As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. My signature acknowledges I understand that in yoga class I will progress at my own pace. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. If at any point I feel overexertion or fatigue, I will respect my body's limitations and I will rest before continuing yoga practice.

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 alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against yoga teachers, Burlington Beach Rentals, The Corporation of the City of Burlington or Halton Region Conservation.

By signing my name below, I acknowledge that participation in yoga classes exposes me to a possible risk of personal injury. I am fully aware of this risk and hereby release Burlington Beach Rentals from any and all liability, including negligence or other claims arising from or in any way connected with my participation in yoga class.

My signature further acknowledges that I shall not now or at any time in the future bring any legal action against Burlington Beach Rentals, Corporation of the City of Burlington or Halton Region Conservations; and that this waiver is irrevocably binding on me, my heirs, my spouse, my children, my legal representatives, my successors and my assigns. My signature verifies that I am physically fit to participate in yoga classes and a licensed medical doctor has verified my physical condition for participation in this type of class.

If I am pregnant or become pregnant or am post-natal, my signature verifies that I am participating in yoga classes with my doctor's full approval. I realize that I am participating in yoga classes at my own risk. Burlington Beach Rental's is not responsible for lost/stolen items.

DATE ..... FULL NAME ..... D.O.B. .... / ..... / .....

ADDRESS ..... CITY ..... P/C .....

PHONE NUMBER ( ) ..... EMAIL .....

SIGNATURE .....

