

Yoga Health and Safety Waiver & Release Form

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By ticking the box, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before practising. If I am pregnant, become pregnant or I am post-natal or post-surgical, my confirmation I have read this form verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I understand that it is my responsibility to judge my physical and mental capabilities for such activities and that by participating in classes and activities from this site I will not exceed my limits and will select the appropriate level of classes (as highlighted in the class description) for my abilities including any mental or physical conditions or limitations I may have. If I experience any pain or discomfort, I will listen to my body, and discontinue the activity immediately.

I understand that from time to time JYoga may suggest physical adjustments, variations or the use of equipment and it is my sole responsibility to determine if any such suggestion is appropriate for my level of ability and physical and mental condition.

I agree that it is my responsibility to declare health information relevant to practicing yoga and commit to updating JYoga of any change of circumstance that could affect my yoga practice.

I assume full responsibility for any and all damages, which may incur through participation.

I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against JYoga, Jessica Ellerby Stewart and any of its instructors. I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognise that agreeing to these terms serves as complete and unconditional release of all liability to the greatest extent allowed by law in the United Kingdom.

Any participants domiciled outside of the United Kingdom, Channel islands or Isle of Man are aware that participation is subject to and governed by English law and the exclusive jurisdiction of the Courts of England and Wales