

# HOT YOGA

## Agreement of Release and Waiver of Liability

I \_\_\_\_\_ hereby agree to the following:

That I am participating in a Hot Yoga class that involves physical exertion and heat which may be strenuous and may cause physical injury. I am fully aware of the risks and hazards involved. I represent and warrant that I am sufficiently physically fit to participate in the classes taught at Hot Yoga Largo, LLC. I understand that I must judge my own capabilities with respect to practicing Hot Yoga and I have no medical condition that would prevent my participation.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in hot yoga. I acknowledge that it is my responsibility to inform the instructor when I begin a class of any injury or other condition that might affect my ability to participate, and to inform the instructor immediately if an injury occurs during class.

In consideration of being permitted to participate in hot yoga classes, I knowingly, voluntarily and expressly waive any claim that I may have against Hot Yoga Largo, LLC for any injury or damages that I may sustain as a result of participating in any of the classes offered by Hot Yoga Largo, LLC

I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Hot Yoga Largo, LLC, their officers, employees or agents for any injury or death caused by their negligence or other acts of omission. The Laws of the State of Florida shall govern this agreement. All disputes shall be settled by Arbitration.

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.

Name

Legal Guardian Name

Address

Address

Phone number

Signature of legal guardian

Signature

Date

Witness