

# Crystal Glenn, RYT

1710 S. Amphlett Blvd, Suite 210-C, San Mateo, CA 94402 • (650) 999-0232 • crystal@talk.yoga

## Agreement of Release and Waiver of Liability

Name \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ Referred by \_\_\_\_\_ Is it okay to thank? Yes / NO

Street Address \_\_\_\_\_ City, State, Zip Code \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Phone \_\_\_\_-\_\_\_\_-\_\_\_\_ Email Address \_\_\_\_\_

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

1. That I am participating in yoga sessions offered by Crystal Glenn during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in yoga sessions. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in yoga sessions.
3. In consideration of being permitted to participate in yoga sessions, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in yoga sessions.
4. In further consideration of being permitted to participate in yoga sessions, I knowingly, voluntarily, and expressly waive any claim I may have against Crystal Glenn for injury or damages that I may sustain as a result of participating in yoga sessions.
5. I, my heirs, and legal representatives forever release, waive, discharge, and covenant not to sue Crystal Glenn for any injury or death caused by their negligence or other acts.

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.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant

*If participant is under the age of 18:*

As the Legal Guardian of \_\_\_\_\_, I consent to the above stated terms and conditions.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Legal Guardian of Participant