

# TERMS AND CONDITIONS WITH YOGA PRACTICE

**Ts & Cs - I understand that yoga is a breath centered practice that includes physical movements as well as opportunity for relaxation, neuromuscular re-education and stress relief. Yoga is not a substitute for medical attention, examination, diagnosis or treatment.**

## **ADDITIONAL TERMS AND CONDITIONS FOR YOGA PRACTICE**

### Assumption of Risk

1. **Acknowledgement of Risk:** I acknowledge that participating in yoga classes involves certain risks, including but not limited to physical injury or mental stress. I voluntarily assume full responsibility for any risks or injuries, known or unknown, which I might incur as a result of participating in these yoga classes.
2. **Health Condition Disclosure:** I affirm that I have disclosed any pre-existing health conditions or concerns to my yoga instructor. I understand that practicing yoga with undisclosed health conditions may pose additional risks, and I accept full responsibility for the decision to participate.

### Waiver of Liability

1. **Informed Consent:** I confirm that I have been informed of the possible physical demands of yoga practice and have had the opportunity to ask questions concerning my participation. I understand the nature of the yoga practice, and undertake all exercises at my own risk.
2. **Release of Liability:** I hereby release, waive, discharge, and covenant not to sue SingingTreeYoga, its instructors, employees, or agents for any and all claims, demands, losses, or damages on account of any injury, including death or damage to property, caused or alleged to be caused in whole or in part by my participation in yoga classes.

### Personal Responsibility

1. **Duty to Consult a Physician:** I acknowledge that I have been advised to consult with a physician before engaging in any physical exercise program, including yoga, particularly if I have any health concerns or conditions that might be affected by physical activity.
2. **Responsibility for Personal Property:** I agree that SingingTreeYoga is not responsible for the loss or damage of any personal belongings brought to the yoga studio.