

Waiver of Release and Assumption of Liability (PRINT LEGIBLY)

Last Name: _____ First Name: _____ DOB: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

I, _____, hereby agree to the following:

1. I am participating in yoga classes, workshops and other wellness, exercise and healing arts activities (collectively, the "Activities") offered by Bikram Yoga Takoma Park ("Studio") and/or its owners, instructors, teachers, workshop presenters, and independent contractors.
2. I recognize that I must be in good physical and mental health to participate in the Activities. I understand that the Activities require physical exertion, and I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in the Activities. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Activities. I understand that the studio reserves the right in its absolute discretion to refuse my participation in an Activity on medical, fitness or other grounds.
3. I recognize these classes entail intensive physical activity and exertion by me in a heated room of approximately 110 degrees and 50% humidity.
4. I am in proper physical condition to participate in these Activities, and I am aware that such physical activity and exertion may be difficult and strenuous, and in some circumstances result in fainting, abnormal blood pressure and heartbeat disorders, physical injury and potentially heart attack. I understand that I could experience muscle, back and other injuries during exercise. I also understand my physical limitations and am sufficiently self-aware to stop physical activity before I become ill or injured.
5. In consideration of being permitted to participate in the Activities, 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 the Activities at the Studio.
6. In further consideration of being permitted to participate in the Activities, I knowingly, voluntarily and expressly waive any "Claim" (as defined below) I may have against the Studio, its owners, members, employees, and/or its instructors, teachers, volunteer staff, interns, workshop presenters, independent contractors and the landlord of the Studio (each, a "Released Party") for any Claim that I may sustain as a result of participating in the Activities at the Studio even if the Claim arises from the negligence of any Released Party or anyone else. I agree to indemnify and hold harmless each Released Party from any loss or liability incurred in defending any Claim made by me or anyone making a Claim on my behalf, even if the Claim is alleged to or did result from the negligence of any Released Party or anyone else.

"Claim" includes but is not limited to any and all liabilities, claims, demands, expenses, fees, legal actions, rights of actions for damages, personal injury, mental suffering and distress, or death that I may suffer, my children may suffer or that my unborn child may suffer (including any legal fees or expenses) in connection with participation in any Activity.
7. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue any Released Party for any Claim caused by any negligence or other acts of a Released Party.
8. I hereby understand that the Studio from time to time may photograph or video classes or events occurring at its studio and place such photographs and videos on its Website. I hereby consent to the use of my image that may appear in any such photograph or video.
9. This agreement shall be construed in accordance with, and governed by, the laws of the state of Maryland.

I acknowledge that I have carefully read this release and waiver of liability and fully understated its contents. I voluntarily and knowingly agree to the terms and conditions stated herein. I am aware that by signing this release and waiver of liability, I am giving up substantial rights, including my right to sue and certain legal rights my heirs, next of kin, executors, administrations and assigns may have against any Released Party.

Signature of participant: _____ Date: _____

If participant is under 18: As legal guardian of participant, I consent to the above Waiver of Release and Assumption of Liability:

Signature of parent/guardian: _____ Date: _____