



**Free Range Yoga and Community Wellness Center**  
**Agreement of Release and Waiver of Liability**

**Dawn Piper's Classes**

|   |                       |    |
|---|-----------------------|----|
| Name:   | Phone:                |    |
| How did you find out about us?  | Birthday: ___/___/___ |    |
| Want to receive newsletter, class updates, and receipts?                        | Yes                   | No |
| If yes, PRINT your email address:   |                       |    |
| Can we use photos of you for marketing purposes?                                | Yes                   | No |
| Has your doctor advised you to refrain from any type of physical activity/yoga? | Yes                   | No |
| If YES, please list limitations:  |                       |    |

By my signature I hereby understand and agree:

1. I am participating in a class, session, or event offered by Free Range Yoga and Community Wellness Center that may require physical exertion, which may be strenuous and may cause physical injury. I am fully aware of the risks and hazards involved.
2. In any physical activity, risk of serious injury is possible, and some exercises may not be recommended for individuals with certain conditions (e.g., cardiac illness, pregnancy, post-surgery). I have discussed my health and physical condition with my doctor and assume the risk of participating in fitness activities at Free Range Yoga. I represent and warrant that I am physically fit and have no medical condition that would prevent my participation in this class, session, or event.
3. I will only practice in a safe range for my body. I will listen to my body and only do what I am capable of. I understand that resting is always an option and that I do not have to try a pose or exercise. I will advise the instructor or trainer at the beginning of each class, session, or event of any injuries or physical conditions I have so that he or she can offer modifications for my participation.
4. I agree to assume full responsibility for any risks, injuries, or damages, known, or unknown, that I might incur as a result of my participation in activities at Free Range Yoga and Community Wellness Center, and I knowingly, voluntarily, and expressly release Free Range Yoga and Community Wellness Center, Dawn Piper, the group fitness instructor or personal trainer, the premises owner, and sponsor, if any, from any and all liability regarding said risks, injuries, or damages.
5. This release and waiver of liability is binding upon my heirs or legal representatives.

***I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to all the terms and conditions stated above.***

| Printed Name | Signature | Date |
|--------------|-----------|------|
|              |           |      |

*If participant is under 18, a legal guardian must sign to authorize participation.*