**YOGA & FITNESS WAIVER AGREEMENT**

**I accept that neither the instructor, nor Henham Barns, is liable for any injury or damages to person or property resulting from this event.**

**I am voluntarily participating in exercise which involves the risk of injury. I understand that it is my responsibility to draw the instructor’s attention to any medical complaints. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be eliminated.**

**I understand in yoga class I will progress at my own pace. If I experience any pain or discomfort, I will listen to my body, adjust the pose and ask for support from the teacher. If at any point I feel overexertion or fatigue, I will respect my body’s limitations and rest before continuing.**

**Yoga is not a substitute for medical attention, examination, diagnosis or treatment. I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against my teachers who act purely as my guide.**

**All food and drink is consumed is at my own risk. No food is guaranteed allergen free.**

**Belongings are left at my own risk and I take responsibility for any loss and do not expect Henham Park to compensate me. I will leave any valuables at home.**

**I acknowledge photographs will be taken during the event and used on social media.**

**My signature further acknowledges that I shall not now or at any time in the future bring any legal action against my teachers or the venue.**

**If I am pregnant or become pregnant I am participating in yoga classes with my doctor’s approval and at my own and my baby’s risk.**

**Those under 18 years of age require a parent or guardian to sign on their behalf.**