



I hereby agree to the following statements, terms and conditions:

- I am participating in the yoga classes, or any other exercise and yoga workshop programmes offered by Ellen Waters or **& Yoga** during which I will receive information and instruction about yoga, meditation, mindfulness, physical exercise, wellbeing or health. I recognise that exercise requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
- I understand that it is my responsibility to consult a physician prior to and regarding my participation in any activities or classes offered by Ellen Waters or **& Yoga**.
- I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in the activity, course or class/es I have applied to join.
- If I am pregnant I understand that I participate fully at my own risk and that of my unborn child/children.
- In further consideration of being permitted to participate in the yoga classes, health programmes or workshops, I knowingly, voluntarily and expressly waive any claim I may have against Ellen Waters or **& Yoga** or for injury or damages that I may sustain as a result of participating in these programmes.

About your health:

For in person and live classes your teacher is available for questions and answers (pre or post the yoga sessions). You are responsible for your own wellbeing during the class and are advised to practice at your own pace. You must inform the teacher if there has been any changes in your medical / health condition which might affect your yoga practice.

I have read the above release and waiver of liability and fully understand its contents. I hereby take full and sole responsibility from any liability of loss or damage to personal property associated with Yoga classes or any other events.

I voluntarily agree to the terms and conditions stated above under my own free will.