

Peaceful Presence - Lesley Harris (ABN 75 683 326 406) - Waiver Release Form

It is important in yoga that you listen to your body, and respect its limits on any given day.

Your participation in a yoga class provided by Lesley Harris is subject to the fact that your participation in the class is undertaken if you agree to and understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension.

As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated.

- Acknowledge that if you experience any pain or discomfort, you will listen to your body, discontinue the activity, and ask for support from the instructor.

As a participant in online Yoga class you agree to the following statements:

- I assume full responsibility for any and all damages, which may incur through participation.
- I understand that Yoga is not a substitute for medical attention, examination, diagnosis or treatment.
- Yoga is not recommended and is not safe under certain medical conditions.
- I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program, if required.
- **If I am pregnant**, become pregnant or I am post-natal or post-surgical, I understand that Lesley has advised she is not trained to teach pregnant women. I have done adequate research and have my physician's approval and advice whether or not to participate with the understanding that some yoga postures are contraindicated , unsafe during pregnancy.
- I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk.

I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Lesley Harris and all related facilities and premises for any personal injury or negligence. Additionally, the facility, instructor (Lesley Harris) are not in any way responsible for any loss or damage of your personal property.

Those under 18 years of age must have permission of a parent or guardian before participating in the online yoga class.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

I will participate in this online yoga class with the understanding that I **have carefully read and fully understand and agree to the above terms of this Liability Waiver Agreement. My participation in the class serves as complete and unconditional release of all liability to the greatest extent allowed by law.**

