Online Yoga Classes Waiver Release Form
Liability, and Indemnity Agreement

Cidny Jeng/ Cindy Jeng Yoga and Wellness

By participating in this online yoga/movement class with Cindy Jeng/ Cindy Jeng Yoga and Wellness, I hereby agree to the following:

1. That I am participating in the Yoga Classes & Training offered by Cindy Jeng/ Cindy Jeng Yoga and Wellness during which I will receive information and instruction about Yoga and health. I recognize that Yoga involves physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Yoga Class & Trainings Cindy Jeng/ Cindy Jeng Yoga and Wellness. I represent and warrant that I am physically fit, and I have no medical condition, which would prevent my full participation in the Yoga Class.

3. In consideration of being permitted to participate in the Yoga Class & Training, 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 class, training, or program.

 4. In further consideration by participating in the Yoga Class, I knowingly, voluntarily and expressly waive any claim I may have against Cindy Jeng/ Cindy Jeng Yoga and Wellness for injury or damages that I may sustain as a result of participating in the class, training or program.

5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue for any injury or death caused by their negligence or other acts.

 6. I understand that It is my responsibility to verbally let the Instructor know if I have any injuries that would prevent me from being adjusted or if I am uncomfortable for any reason being adjusted.

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

Name (Print):

Signature:

Date: