



Disclaimer form

I, _____ hereby agree to the following:

1. That I am participating in the elbowroom yoga teacher training offered by the elbowroom during which I will receive information and instruction on how to become a yoga instructor. I recognise that yoga is a 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 a physician prior to and regarding my participation in the yoga practice or workshops offered by the teachers on the elbowroom's yoga teacher training course. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in this yoga course.
3. If I am pregnant I understand that I participate fully at my own risk and that of my unborn child/children.
4. In consideration of being permitted to participate in the yoga practice and/or workshops, I agree to assume full responsibility for any risks, injuries damages, known or unknown, which I might incur as a result of participating in the programmes offered by the elbowroom teacher training course.
5. In further consideration of being permitted to participate in the yoga teacher training course, I knowingly, voluntarily and expressly waive any claim I might have against the elbowroom or any teacher for injury or damages that I might sustain as a result of participating in this course.
6. I understand that from time to time the teacher may physically adjust students form and posture. If I do not want such physical adjustments, I will inform the instructor at each training day I attend. I also acknowledge that if I do wish to receive such adjustments, it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time.
7. I, _____ hereby take full and sole responsibility from any liability of loss or damage to personal property associated with the elbowroom's yoga teacher training course.
8. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue the elbowroom or its employees for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its
I voluntarily agree to the terms and conditions stated above under my own will.

Name

Signature

Date