



KELPYTOWN KOVE

*mind body soul*

### LIABILTY / STUDENT WAIVER AGREEMENT

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. I am choosing to practice yoga.

As is the case with any physical activity, the risk of injury, or even serious disabling, is always present and cannot be entirely eliminated. If I experience pain or discomfort, I will listen to my body and readjust posture and ask for support

I affirm that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive and claims that I have now, or hereafter against Heather E Hurd and / or Kelpytown Kove.

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Signature

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Date