

YOGA AT DUMBARTON HOUSE
AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I, (PARTICIPANT signed signature page), hereby agree to the following:

1. That I am participating in the classes offered by Alia Peera, Amy Mitchell, or another guest instructor, in partnership with DUMBARTON HOUSE during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion that 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 classes offered on the DUMBARTON HOUSE premises by Alia Peera, Amy Mitchell, or any guest instructor. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the classes offered at DUMBARTON HOUSE by Alia Peera, Amy Mitchell, or any guest instructor.

3. In consideration of being permitted to participate in classes offered on the DUMBARTON HOUSE premises by Alia Peera, Amy Mitchell, or any guest instructor, I agree to assume a full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

4. In further consideration of being permitted to participate in classes offered on the DUMBARTON HOUSE premises by Alia Peera, Amy Mitchell, or any guest instructor, I knowingly, voluntarily and expressly waive any claim I may have against DUMBARTON HOUSE, Alia Peera, Amy Mitchell, or any guest instructor for injury or damages that I may sustain as a result of participating in the program.

5. I, my heirs or legal representatives' forever release waive, discharge and covenant not to sue DUMBARTON HOUSE, Alia Peera, Amy Mitchell, or any guest instructor for any injury or death caused by their negligence or other acts.

6. This release expressly covers any allegedly negligent acts/omissions.

7. I have fully read and understand this agreement. I understand that I may refuse to do any exercise, etc which I feel I may not be physically capable of and/or may cause harm. It is my responsibility to determine what exercise I am capable to perform and those that I am not. I will not hold DUMBARTON HOUSE, Alia Peera, Amy Mitchell, or any guest instructor responsible for any injuries I may receive in their class. I voluntarily agree to the terms and conditions stated above. I am aware that by signing this agreement, I am waiving certain legal rights I or my heirs, next of kin, executors, administrators and assigns may have against the Released Party.

Print Name

Signature

Date