

## RELEASE FORM



This agreement affects your legal rights. Please read it carefully.

You are aware that there are risks associated with participating in yoga classes. Your participation is completely voluntary and you freely accept and fully assume all responsibility for all risks and all possibilities of personal injury, death, property damage, or loss to yourself or any other person as a result of your participation in yoga. You and your heirs, next of kin, executors, administrators and assigns agree:

- a) to waive all claims, known or unknown, that you have or may have in the future against Karen Dagdick, and Silverwood Heights Community Association, including their owners, officers, directors, agents, employees, volunteers, business operators, independent contractors, and site property owners or leasees ( "the organization");
- b) that "the organization" is not liable or responsible for any damage to, loss, or theft of your property;
- c) to release and forever discharge 'the organization" from all liability for any personal injury, death, property damage or loss, resulting from your participation in fitness activities due to any cause, including, but not limited to, negligence ( failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake in error of judgement of "the organization"; and
- d) to be liable for and to hold harmless and idemnify "the organization" from all actions, proceedings, claims, damages, costs ,demands, including court costs on a solicitor and own client basis, and liabilities of whatsoever nature or kind arising out of, or in any way connected with, your participation in yoga.

Please consult your physician prior to starting an exercise or fitness program, and prior to attending yoga classes. **Valid Sept 1– August 31.**

Participant's Name:( please print clearly)

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Participant's Signature:

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Date:

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