



SANCTUARY YOGA
for body, mind & soul

Sanctuary Yoga

Haleya Priest, MEd, LMT, RMP, RYT

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I understand that this is an on-line class. I also understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, and discontinue the activity.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By typing in my name, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program.

If I am pregnant, become pregnant or I am post-natal or post-surgical, my name verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk.

I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Haleya Priest / Sanctuary Yoga, its owners, officers, employees, instructors or substitute instructors.

I have read and fully understand and agree to the above terms of this Agreement and Release of Waiver of Liability. I am signing this agreement voluntarily and recognize that my name serves as complete and unconditional release of all liability to the greatest extent allowed by law in the State of Massachusetts. I agree to participate in this on line class.

