



Release and Waiver of Liability

I, the undersigned, hereby acknowledge and agree to the following terms:

- 1. Assumption of Risk:** I fully understand and acknowledge that my participation in yoga, barre, and cycle classes offered by Westminster Downtown Yoga, LLC (hereinafter referred to as “the Studio”) may involve inherent risks, including but not limited to physical injury, illness (including but not limited to exposure to COVID-19 or other infectious diseases), or other harm that may result from pre-existing medical conditions, the activities themselves, or external factors. I voluntarily assume full responsibility for any risks of injury, illness, or damage that I may sustain as a result of my participation, whether or not related to any pre-existing condition.
- 2. Release of Liability:** I hereby release, discharge, and hold harmless the Studio, its owners, instructors, agents, contractors, and employees from any and all claims, demands, causes of action, damages, injuries, losses, or liabilities, of any nature, whether known or unknown, arising out of or in any way related to my participation in yoga, barre, or cycle classes offered by the Studio. This includes, but is not limited to, any claims arising from negligent acts or omissions of the Studio, its instructors, or its contractors.
- 3. Indemnification:** I agree to indemnify, defend, and hold harmless the Studio and its instructors from any and all claims, demands, causes of action, damages, costs (including reasonable attorney fees), and liabilities arising out of or relating to any injury, damage, or loss to any person or property resulting from my negligence, willful misconduct, or alleged negligence or willful misconduct during my participation in any class or event hosted by the Studio.
- 4. Age Restrictions and Parental Consent:** All participants must be 12 years of age or older unless the Studio is offering specialty classes for younger participants. Participants under the age of 18 must have a parent or legal guardian’s written permission to participate. Participants aged 12-15 must be accompanied by an adult unless otherwise permitted for certain specialty classes.

By signing below, I acknowledge that I have read this waiver, fully understand its terms, and voluntarily agree to its provisions without any inducement.

Print Name

Date

Signature

Emergency Contact & Number