

# welcome to practice

My intention is to offer a supportive space where you can explore movement, breath, and mindfulness at your own pace.

Please listen to your body, honor your limits, and make choices that feel right for you. As with any physical activity, participation carries some inherent risks. Please review and acknowledge the following — Thanks.

## WAIVER AND RELEASE OF LIABILITY:

I agree to take full responsibility for my personal health, for listening to my body, for not exceeding my limits in the practice of yoga and/or movement, for modifying or refraining from any movement as needed, and for any injuries or discomfort I might experience. I acknowledge and agree that I am voluntarily participating in yoga and/or movement classes or workshops, and I recognize this requires physical exertion, which may be strenuous and could cause injury.

I understand that it is my responsibility to consult with a physician prior to and regarding participation in yoga and/or movement classes and workshops. I affirm that I am physically and mentally capable of participating and have no medical condition that would prevent safe participation.

I voluntarily assume all risks associated with participation in yoga and/or movement classes or workshops. I, my heir(s), or legal representative forever release Joy Stauber/Outside-In Studio LLC (or their substitute instructors) from any liability for injury, and voluntarily assume full responsibility for any risks, injuries, or damages, which may occur as a result of participation in classes, workshops, or related activities. I understand that this release applies to both known and unknown risks and remains in effect for all classes, workshops, and events.

I take full responsibility for my personal belongings as well.

By signing below, I acknowledge that I have read, understood, and agreed to the above.

Name (please print):

Signature:

Date: