

# **Enjoying The Now Yoga & Advocacy Partners**

## **Yoga Class Waiver and Release of Liability**

Participant Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

### **Assumption of Risk**

I understand that participation in Enjoying The Now Yoga classes involves physical activity, including stretching, balance, and movement. These classes are beginner-level, and modifications will be offered to support all ability levels. I understand that participation may involve inherent risks of injury, including but not limited to muscle strain, falls, or other physical harm.

Participation in these yoga sessions is voluntary and intended for community enjoyment and general wellness. Classes are offered by Enjoying The Now Yoga on a donation basis, and Advocacy Partners is only providing the space where the classes take place.

I agree to participate only to the extent that I feel comfortable and safe and to stop immediately if I feel pain, dizziness, or discomfort. I understand that Enjoying The Now Yoga and Advocacy Partners are not medical providers and do not offer medical advice. I will consult my physician, physical therapist (PT), occupational therapist (OT), or other health professional before participating.

### **Release and Waiver of Liability**

In consideration of being permitted to participate, I hereby release, waive, and discharge Enjoying The Now Yoga, Advocacy Partners, their owners, instructors, employees, volunteers, and agents (collectively, "Released Parties") from any and all claims or causes of action for injury, illness, or damages arising out of my participation, whether caused by negligence or otherwise.

I further agree to indemnify and hold harmless the Released Parties from any loss, liability, or cost they may incur due to my participation.

### **Medical Authorization**

In the event of an emergency, I authorize the instructors or representatives of Enjoying The Now Yoga and Advocacy Partners to seek medical assistance at my expense.

### **Photo and Media Release (Optional)**

I understand that photos or videos may be taken during classes for community, educational, or promotional purposes.

☐ I consent to the use of my image, likeness, or voice in photos or videos by Enjoying The Now Yoga and Advocacy Partners, without compensation.

☐ I do not consent to the use of my image, likeness, or voice.

### **Acknowledgment**

I have read this document, fully understand its contents, and voluntarily agree to the terms. I am aware that I am waiving certain legal rights.

### **Severability**

If any portion of this agreement is held invalid, the remaining provisions shall continue in full legal force and effect.

### **Governing Law**

This agreement shall be governed by and construed in accordance with the laws of the State of New Mexico.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian Signature (if applicable): \_\_\_\_\_ Date: \_\_\_\_\_

Guardian Name (Print): \_\_\_\_\_ Relationship: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_