VINEYARD YOGA
— SYV —

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I, _____, hereby agree to the following:

1. That I am participating in the Yoga Classes, as well as other exercise fitness routines, Health Programs or Workshops/Retreats offered by Vineyard Yoga SYV, Cori Lassahn-yoga instructor (herein referred to as Vineyard Yoga) during which I will receive information and instruction about yoga, fitness, and health. I recognize that yoga, and other exercise fitness routines require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to, and regarding my participation in Yoga Classes, as well as other exercise fitness routines, Health Programs, or Events offered by Vineyard Yoga SYV. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Yoga Classes, as well as exercise fitness routines, Health Programs or Workshops/Retreats. I understand that it is my responsibility to update this waiver with regard to any health condition changes that I experience in the future.

3. In consideration of being permitted to participate in Yoga Classes, as well as exercise fitness routines, Health Programs or Workshops/Retreats, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of my participation.

4. In further consideration of being permitted to participate in Yoga Classes, as well as exercise fitness routines, Health Programs or Workshops/Retreats, I knowingly, voluntarily and expressly waive any claim I may have against Vineyard Yoga SYV for injury or damages that I may sustain as a result of participating in the program, and as a result of my negligence in participating in this activity.

5. I, my heirs, and/or legal representatives' forever release waive, discharge and covenant not to sue Vineyard Yoga SYV, Cori Lassahn-Yoga Instructor, for any injury or death caused by their negligence or other acts.

6. I give non-revocable permission to Vineyard Yoga SYV to capture my image and likeness in photographs, or any other media (collectively "Images"). I acknowledge that Vineyard Yoga SYV will own such Images and further grant permission to copyright, display, publish, distribute, use, modify, print and reprint such Images in any manner whatsoever related to the business, including without limitation, publications, advertisements, brochures, web site images, or other electronic displays and transmissions
thereof.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above. I realize there are special risks that could be associated with pregnancy, prior surgeries, injuries, and medical conditions that may carry additional health concerns. I have discussed these with my personal physician, and I have obtained his or her concurrence to participate in activities offered by Vineyard Yoga SYV. I fully understand that Vineyard Yoga SYV instructors and staff are not medically trained physicians or experts in medicine, and therefore, realize that their guidance is limited to the practice of yoga and fitness exercise, and the techniques and routines associated with them.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

_____
PRINTED NAME OF PARTICIPANT DATE

_____
SINGATURE OF PARTICIPANT DATE