

PARTICIPANT CONSENT WAIVER AND RELEASE FORM

The Rochester Public Library (RPL) Yoga for Beginners Program. This is a practice based on physical poses (asanas), deep breathing (pranayama), mindfulness and listening to the body, and meditation. It is taught by a certified instructor.

In consideration for participation in the Yoga Program, Participant agrees to the following consent, waiver and release which shall be good for one year from the signature date:

I understand that I should consult a physician prior to my participation in the Yoga Program.

I agree to assume full responsibility for any injuries I might incur as a result of participating the Yoga Program. Injuries could include but are not limited to heart problems, muscle damage, bone damage, heat illness and these injuries could be severe.

I knowingly, voluntarily and expressly waive any claim I may have against the Rochester Public Library for injury or damages that I may sustain as a result of my participation in the Yoga Program.

I, my heirs or representatives forever release any claims that could be brought against the Rochester Public Library as a result of my participation in the Yoga program.

I have read the above consent, waiver and release and fully understand its contents. I agree to the terms and conditions stated above.

Name:	
Street:	City,State, Zip:
Phone:	Email:
Signature:	Date: