



MOUNT MADONNA

445 Summit Road | Watsonville, CA, 95076 U.S. | (408) 847-0406 | www.mountmadonna.org

YOGA INSTRUCTION AND LIABILITY WAIVER AND RELEASE

Yoga as taught at Mount Madonna Center and Institute is primarily intended to cultivate peace, self development, and well being. Practices within this ancient discipline include right action, physical postures, breathing exercises, and various types of meditation.

Any person participating in a yoga class at Mount Madonna Center has been asked to agree to the terms below at the time of registration. Participation in any yoga class offered at Mount Madonna Center includes agreement with all of the following:

I understand that Yoga is an ancient Indian system designed to make the body strong and flexible. I realize that it is important never to do any practice to the point of pain or discomfort. I am aware that there is some risk involved in all physical exercise and that I am responsible for recognizing my own physical limits.

I understand that yoga is not a substitute for medical attention, examination, diagnosis or treatment, and that practicing yoga is not recommended and is not safe under certain medical conditions. If I have any concerns about whether yoga is suitable for me or if I have a particular injury or medical condition, I will consult my physician before participating in a yoga class. I understand that it is important for me to communicate to the instructor(s) any injuries that I have had that presently cause pain or limitations of movement and I will communicate with the instructor(s) information regarding such conditions before participating in practices taught in classes at Mount Madonna Center.

I hereby agree to irrevocably waive, release and discharge any and all claims and liabilities against the Hanuman Fellowship dba Mount Madonna Center and Mount Madonna Institute, its individual instructors or staff for any personal injury, death or damage to the person or property, or loss sustained as a result of participation in yoga classes. Understanding that there is always some risk in participating in any physical exercise, I assume the risk of injury from my participation in yoga classes at Mount Madonna Center.

By signing below, I attest to reading and understanding this waiver.

Printed Name _____

Signature _____ Date _____