



RELEASE AND WAIVER OF LIABILITY

I understand that yoga an individual experience and that I should progress at my own pace while participating in the physically active portions of the 200hr Fuller Yoga Primary Yoga Teacher Training. If at any point I feel overexertion or fatigue I will respect my own body's limitations with rest.

I acknowledge that I am in good health, at least 18 years of age, and I have the current medical approval to engage in the 200hr Primary Yoga Teacher Training.

I further acknowledge that specific risks include injuries resulting in overexertion, physical adjustment, improper or negligent use of equipment, failure to follow trainer instructions, or injuries resulting from participation in an inappropriate level of physical exercise. I acknowledge that previous injuries may reoccur and I take full responsibility of managing my health. I voluntarily accept these risks.

The undersigned, in consideration of the use and participation of/in the equipment, facilities, services, treatments, classes, workshops and courses of Fuller Movement LLC doing business as Fuller Yoga Pilates & Massage, hereby expressly agrees that the use and participation of/in the equipment, facilities, services, treatments, classes, workshops and courses of Fuller Yoga Pilates & Massage, shall be undertaken at the undersigned's sole risk and the undersigned hereby represents that he/she is physically able to undertake and participate in any and all physical exercise, treatments classes, workshops and courses provided by/through Fuller Yoga Pilates & Massage. The undersigned hereby expressly agrees that Fuller Yoga Pilates & Massage and its officers, directors, employees, subcontractors, and agents are not liable to the undersigned for any claims, demands, injuries, action, or liabilities whatsoever arising out of or connected with Fuller Yoga Pilates & Massage, and/or use by the undersigned, of any of the center's equipment, facilities, services, treatments, classes, workshops, and courses. The undersigned, for himself/herself and his/her heirs and assigns, hereby expressly releases and discharges Fuller Yoga Pilates & Massage, and its officers, directors, employees, subcontractors, agents, staff and shareholders, from any and all liabilities for such claims, demands, injuries, damages, actions, causes of action, or liabilities for such claims, demands, injuries, damages, actions, causes of action, or liabilities, including liabilities for any and all acts of active or passive negligence. THE UNDERSIGNED FURTHER STATES THAT HE/SHE HAS CAREFULLY READ THE FOREGOING RELEASE AND KNOWS AND UNDERSTANDS THE CONTENTS HEREOF, AND THAT HE/SHE EXECUTES THE SAME AS HIS/HER OWN FREE ACT AND DEED.

PRINTED NAME: _____

SIGNATURE: _____

DATE: _____