



Name: _____ Date: _____ DOB: _____

How Did You Hear About Us? Online Social Media Mtn News Lake Tahoe Entertainer Hotel Friend Other _____

Emergency Contact Name: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: cell home _____ Email: _____

Health/InjuryConcern(s). Please Be Specific: _____

Check here if you DO NOT wish to receive a monthly Tahoe Yoga Shala Newsletter

Waiver and Assumption of Risk Agreement

I, _____ (print name), acknowledge, understand and agree as follows:

____ (initial) I am participating in yoga/meditation activities offered by Tahoe Yoga Shala, hereafter referred to as "the Shala" during which I will receive information and instruction about yoga and wellness and engage in physical activity. I understand that the information and instruction I receive and the activities I engage in as part of my participation puts me at risk of and may result in personal injury, death and/or damage to physical property.

____ (initial) I understand that the Shala, its members, independent contractors and volunteers are not medical professionals and the information and instruction I receive is not intended to be and shall not be used as medical advice or any diagnosis, monitoring or treatment of any medical condition I may have, whether pre-existing or caused by my participation. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in any yoga/meditation activities, and that I am responsible for my own health and wellbeing.

____ (initial) In consideration of being permitted to participate in yoga/meditation and related activities that are offered by the Shala, I, on behalf of myself, my heirs or legal representatives, knowingly voluntarily and expressly waive, release, discharge and agree not to sue the Shala, its members, independent contractors and volunteers for any and all claims and associated damages arising out of or related to any personal injury, illness, disability, death, property damage, loss or theft of any kind or manner that may result or accrue to me or my estate as a result of my participation in any such activities. This release is expressly intended to discharge in advance the Shala, its members, independent contractors and volunteers from and against any and all liability arising out of or connected in any way with my participation. This waiver and release will apply even though liability may arise out of the negligence or other acts of the Shala.

____ (initial) I agree to indemnify, defend and hold the Shala and its members, independent contractors and volunteers harmless from and against any and all claims, actions, suits, damages or other liabilities that may be brought against or incurred by them that arise out of or relate to my participation, including reimbursing them for any expenses incurred by them in investigating and defending against any such claims, actions or suits. In the event any such claim, action or suit is either withdrawn or to the extent a court of competent jurisdiction determines that the Shala and its members, independent contractors and volunteers are not responsible for any such damages or other liabilities under this waiver and assumption of risk agreement.

____ (initial) I, on behalf of myself, my heirs or legal representatives, hereby assume the risk of participating in any yoga/meditation related activity offered by the Shala or its personnel.

____ (initial) I grant to the Shala the absolute and irrevocable right and unrestricted permission concerning any photographs that he/she has taken or may take of me or in which I may be included with others, to use, reuse, publish, and republish the photographs in whole or in part, individually or in connection with other material, in any and all media now or hereafter known, including the internet, and for any purpose whatsoever, specifically including illustration, promotion, art, editorial, advertising, and trade, without restriction as to alteration; and to use my name in connection with any use if he/she so chooses. I release and discharge the Shala from any and all claims and demands that may arise out of or in connection with the use of the photographs, including without limitation any and all claims for libel or violation of any right of publicity or privacy. This authorization and release shall also inure to the benefit of the heirs, legal representatives, licensees, and assigns of the Shala. Notwithstanding your consent, if you feel that there is a picture posted on any of our social media sites that you believe is objectionable, kindly notify Laura Josephy at your earliest convenience.

Signature of Participant: _____

Date: _____

FOR THE PARENT/GUARDIAN: _____ I, the undersigned, represent and warrant that I am the parent or legal guardian of the above-named minor, and hereby approve his/her participation in the yoga/meditation activities offered by Tahoe Yoga Shala and its personnel subject to and in accordance with this waiver and assumption of risk agreement.

Signature of Parent/Guardian: _____

Date: _____