

Release Form ,Yoga Waiver, Cancellation Policy

Name: _____ Birth Date: ____/____/____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Emergency Contact Name: _____ Phone: _____

I, (print your name) _____ hereby give permission for my participation in yoga classes with Megan Latapie. I understand that yoga includes physical movements. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions, like later pregnancy, vertigo or high blood pressure. By signing, I affirm that I am healthy enough and in good physical condition to participate in such a fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class.

I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I do hereby agree, on my own behalf, to release Megan Latapie, her officials, employees, representatives and volunteers, as well as Holistic Haven LLC from any and all actions, causes of action, damages, claims, or demands of whatever kind or nature which I may have for any injuries, known or unknown, which are incurred by, arise from, or in any way relate to my participation in yoga classes. My signature is binding to this liability waiver from this day forth. I have read this release and fully understand its terms. I execute the release voluntarily and with full knowledge of its significance and consequences.

Cancellation policy. Although rare, in the event something comes up that interferes with our ability to have the session, the following policy will apply:

- **If client cancels:** No charge if given 24hours or more notice. 50% charge if given 12-24 hour notice. 100% charge if given under 12 hours notice, or is a no-show for session.
- **If instructor cancels:** 25% discount off next session if client had 24 hours or more notice. 50% discount off next session if client had 12-24 hours notice. 1 free session if client had under 12 hours notice.

Participant Signature _____

Date _____