Stars Align and Flow Waiver Agreement

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_hereby agree to participate in yoga classes

(print participants legal name)

offered by Stars Align and Flow. In consideration of being permitted to participate in these classes, I acknowledge and agree to the following:

1. Assumption of Risk: I understand that yoga involves physical movement and exertion. I voluntarily assume all risks associated with participating in yoga classes, including but not limited to falls, injuries, and any other unforeseen occurrences.

2. Release of Liability: I hereby release Stars Align and Flow, its instructors, employees, and affiliates including host sites from any and all liability for any injuries, damages, or losses that I may sustain as a result of participating in yoga classes, whether caused by negligence or otherwise.

3. Health and Safety: I certify that I am physically fit and able to participate in yoga classes. I agree to follow all instructions provided by the instructors and to inform them of any health concerns or injuries before participating in any class.

4. Private Sessions: If I am participating in private yoga sessions, I understand that additional risks may be involved due to the personalized nature of the instruction. I agree to inform the instructor of any relevant medical conditions, limitations, or concerns prior to each session.

5. Photo and Video Release: I consent to the use of any photographs or videos taken of me during yoga classes for promotional purposes by Stars Align and Flow.

6. Agreement to Terms: I acknowledge that I have read and understand this waiver agreement, and I agree to be bound by its terms and conditions.

Participant's Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature (if participant is under 18 years old):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PLEASE EMAIL TO**: [Starsalignandflow@gmail.com](mailto:Starsalignandflow@gmail.com)

Waiver Valid for 1 year of participation with Stars Align and Flow