



Yoga Care for You

Waiver & Release Form

Name: _____ Age: _____ Birth Date: ____ / ____ / ____

Address: _____

City: _____ Zip: _____

Phone: _____ Email: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

I understand that Yoga and Yoga Therapy include physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity and body/mind therapy, the risk of injury 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 therapist. I assume full responsibility for any and all damages, which may incur through participation.

Yoga and Yoga Therapy are not substitutes for medical attention, examination, diagnosis or treatment, physically or mentally. Yoga and Yoga Therapy are not recommended and are not safe under certain medical conditions. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a program. In addition, I will make the instructor aware of any medical conditions, physical limitations, and psychological diagnoses before class. If I am post-natal, post-surgical, or post-cancer treatment, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Yoga from Meena Ananth (yogacareforyou.com)

.I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognize that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law in the State of Ohio.

Signature: _____ **Date:** _____

Print Name: _____

Meena Ananth
Caring & gentle practices
845 551 9761
wellnessinyoga@gmail.com
Certified Yoga Therapist
Certified Yoga4Cancer Teacher