

ONLINE YOGA AGREEMENT

By choosing to take part in online classes all participants agree to the following:

- I hereby understand and acknowledge that the online yoga class led by Rebecca Parker Smith may expose me to many inherent risks.
- I assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known by me during my participation of this class.
- I hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity.
- I acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in. After having read this waiver and knowing these facts, and in consideration of acceptance of my participation, I agree, for myself and anyone entitled to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE Rebecca Parker Smith from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in the yoga class.