



The time to relax is now!! Mind, Body and Soul.

Liability Waiver Form For Yoga Classes Offered By Vandana Kadam

May 19, 2020

Name of Participant:	Birth Date (optional):
Address:	Home Phone:
Email Address:	Alternate Phone:
Emergency Contact Name	Emergency Contact Cell Phone:

The yoga classes offered by the instructor Vandana Kadam are for the benefit of the members of the south bay community. Like any other exercise, yoga is a physical activity that involves difficult movements. As such neither the instructor nor the dance studio takes any responsibility for any issues arising out of the participants' involvement in this activity.

Participant represents that s/he is in a good physical condition with no physical impairment or disability preventing him/her from engaging in the physical activity offered by the yoga instructor Vandana Kadam as part of the yoga sessions. The yoga classes offered by Vandana Kadam are of a physical nature and include the risk of possible injury either from oneself or from another participant, or in the use of the facilities. Due to the closure of studios owing to the COVID pandemic, these yoga classes are now being offered online. Participant understands and accepts these risks and agrees that neither the individual, Vandana Kadam nor the online platform will be held liable for any personal injury or damage to the participant. The undersigned agrees to indemnify and hold blameless the instructor Vandana Kadam, and the online platform or its staff, harmless, and releases them from any and all liability for any injury which may be suffered by the above-named individual (participant), arising out of or in any way connected with the activity. The instructor is also released from all liability for any injury whatsoever arising out of the above-mentioned yoga sessions. The participant also agrees to abide by the policies and rules set by the instructor Vandana Kadam during their participation in the yoga sessions.

Participant's signature

Date: