



YOUR *self care*

Yin & Sound Meditation Waiver

WAIVER

If at any time during the class, you feel discomfort or strain, gently come out of the posture. You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day.

I understand that yoga includes 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, 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. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation. I understand that Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is 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 fitness program, if required. If I am pregnant, become pregnant or I am post-natal or post-surgical, 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 Mai Shimizu and Tenille Bentley Holdings Pty Ltd and any other associated parties or associated company for any personal injury or negligence.

ONLINE COURSES

STATEMENT In registering to participate in the Event (Yin Yoga and Sound Meditation) both conducted onsite and offered online, by Mai Shimizu (trading as EN. YOGA) and Tenille Bentley.

I understand/agree with the following:

1. I am participating in yoga classes during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in yoga classes. I represent and warrant that I am physically fit and have no medical condition that would prevent my participation in yoga classes.
3. In consideration of being permitted to participate in the yoga classes, I agree to assume full responsibility for any risks, injuries or damages, known and unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in the yoga classes, I knowingly, voluntarily, and expressly waive any claim I may have against the instructors, the owner, or the leaseholder of the building for injuries or damages that I may sustain as a result of participating in the Event.
5. I agree to the use of any photography/film which may be taken during the classes by Mai Shimizu (trading as EN. YOGA), or by any other teacher teaching at the Event, and used for promotional purposes in any media format chosen to do so.
6. I agree that the Event will be livestreamed, available online for later viewing.