



Release and Waiver of Liability (Standup Paddle Board Yoga)

Full Name: _____

Email Address: _____

Phone Number: _____

Mailing Address: _____

By participating in Standup Paddle Board Yoga classes and/or other participatory events (“Classes”) provided by Yoga In Nature, Inc. (“Yoga In Nature”), I, as the individual first written above (“I”), understand and agree that participation in Classes is conditioned upon my agreement to the terms and conditions of this Release and Waiver of Liability (“Agreement”), and by signing and dating below, hereby attest to and agree to the following and agree to be bound by the terms of this Agreement:

1. I am 18 years or older and am of sound mind and judgment.
2. I assume full responsibility for my personal risk of bodily injury, death, or property damage arising out of my participation in Classes, and hereby completely waive, to the greatest extent permitted by law, any and all claims that I may hereafter have against Yoga In Nature, its respective officers, directors, agents, and affiliates, that relate in any way to, or which arise directly or indirectly from, in whole or in part, my participation in Classes, including any and all claims that may arise out of the negligence or gross negligence of such persons or entities.
3. I attest that I can swim and am physically able to participate in Classes and have not been advised otherwise by a qualified medical person. Notwithstanding, it is recommended that participant uses a PFD during Classes.
4. I understand that activities involved in Classes, including but not exclusive to paddleboarding and yoga, involve inherent risk of physical injuries or other damage, including, but not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/back/foot injuries, soreness, or other illness or injury. Participant further acknowledges that participation in Classes involves physical activity and carries risks including but not limited to those caused by terrain, temperature, weather, condition of participants, lack of hydration, and actions of others during Classes.

Participant’s Signature:

X _____ Date: _____