

WAIVER OF LIABILITY AND DISCLOSURE

1089696 Alberta Limited: **YogaMA** - Yoga, Rocket Yoga, Martial Arts

BY SIGNING BELOW YOU WILL WAIVE CERTAIN LEGAL RIGHTS - PLEASE READ CAREFULLY.

1. I understand there is an inherent risk associated with any exercise program including my voluntary participation in YogaMA at the Studio or Online, which may result in injury. The exercises related to YogaMA will challenge my cardio-respiratory and musculoskeletal systems associated with; aerobic, an aerobic, strength, power, flexibility, and agility, and breathing components of the program. I understand and am aware that the components of exercise and YogaMA are potentially hazardous activities and may cause injury.
2. I acknowledge that I have either had a physical examination and/or have been given permission from my physician to participate in YogaMA based exercise program. If not, I acknowledge that I have decided to participate in an exercise program voluntarily and without the approval of my physician. I hereby assume all responsibility for my participation in any exercise, or activity associated with YogaMA.
3. I certify that I am physically well and suffering from no medical problems, conditions, impairments, diseases, or any other illness that would prevent my full participation or increase my risk of injury and or illness as a result in participating in any exercise, YogaMA program, or other activities or workshops offered by the YogaMA Studio or its Online programs.
4. I, my heirs, or legal representatives, do hereby forever waive and release YogaMA, its members, teachers, agents, contractors, owners, shareholders, and employees from any and all liability, costs, expenses, claims, accident, illness, legal and medical fees sustained, resulting now or in the future, and arising from, connected to, or related in any way to my participation in any exercise, YogaMA program, activity, workshops, or use of any equipment, DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE OR ANY STATUTORY OR OTHER DUTY OF CARE ON THE PART OF YOGAMA.
5. I understand that YogaMA may provide an area for personal belongings to be held during class. I acknowledge and agree that YogaMA is in no way responsible for the loss of or damage to my belongings while I attend classes, programs, or workshops.
6. I acknowledge this is a waiver of liability form. I fully understand its terms and conditions, and I understand that I am waiving and giving up my right to sue YogaMA, its teachers, contractors, owners, shareholders, and employees. I acknowledge that I am signing this agreement voluntarily and intend by my signature for this to be a complete and unconditional release of liability to the greatest extent allowable by law.
7. This waiver of liability and any rights, duties, and obligations hereunder shall be governed by the laws of the Province of Alberta, Canada and any litigation involving the parties shall be brought solely in the courts of the Province of Alberta.

By signing up for any class or workshop, I have automatically consented to and signed the above waiver.