

Waiver Agreement

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. As it is an online session, the instructor is not available to help, monitor or correct all activities.

I assume full responsibility for any and all damages, which may incur through participation. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions.

I am aware elderly participants may participate in Yoga sitting on a chair. Yoga postures are done while standing, sitting, lying on stomach or lying on back. Yoga may include forward bending, backward bending, sideways bending, twisting, and inverted positions (i.e., the head is lower than the heart).

If I am pregnant, become pregnant or I am post-natal or post-surgical, my agreeing verifies that I have my physician's approval to participate.

Yoga postures, exercises and breathing may pose to individuals with a medical history of following medical conditions (some of the examples): hypertension, cardiac problems, eye problems, seizure disorder, bipolar disorder, schizophrenia, schizoaffective disorders, major Surgery within the past 8 weeks, or pregnancy.

Certain postures are not recommended for patients with medical conditions, for example, hypertension, glaucoma, cardiac problems, tendon injuries, low back pain etc.

I will refrain from any movement that I am unable to do or are uncomfortable with. I have medical clearance from my physician-primary care, psychologist and psychiatrist. By agreeing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program.

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 Amit Bhargava, speakers, instructors and any affiliated organization.

I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am affirming to this agreement voluntarily and recognize that my agreement serves as complete and unconditional release of all liability to the greatest extent allowed by law in the State of Maryland.