



Name _____ DOB _____

Address _____

Email _____ Phone _____

Agreement of Release and Waiver of Liability

I hereby agree to the following:

1. I am participating in yoga classes, health programs, workshops and other exercise and healing arts activities (collectively, the “Activities”) offered by Dragonfly Yoga and Fitness and/or its owners, instructors, teachers, workshop presenters, employees and independent contractors.
2. I recognize that I must be in good physical and mental health to participate in the Activities. I understand that the Activities require physical exertion and I represent and warrant that I am physically fit, and I have no medical condition which would prevent my full participation in the Activities. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Activities. If I have consulted a physician, I have taken the physician’s advice. I understand that Dragonfly Yoga and Fitness reserves the right in its absolute discretion to refuse my participation in an Activity on medical or fitness grounds.
3. I am in proper physical condition to participate in the Activities, and I am aware that participation could, in some circumstances, result in abnormal blood pressure, fainting, heartbeat disorders, physical injury and potentially heart attack. I also understand that I could experience muscle, back, or bone injuries during exercise. I understand my physical limitations and am sufficiently self-aware to stop physical activity before I become ill or injured. I understand that it is my continuing responsibility to inform Dragonfly Yoga and Fitness of any previous medical conditions, injuries, or surgeries prior to my first class and any future changes to my medical condition.
4. I also understand that the Activities that I will participate in may be considered inherently dangerous and may cause serious or grievous injuries, including bodily injury, COVID-19 infection, loss of/damage to personal property and/or death.
5. In consideration of being permitted to participate in the Activities, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Activities of Dragonfly Yoga and Fitness.
6. In further consideration of being permitted to participate in the Activities, I knowingly, voluntarily and expressly waive any “Claims” (as defined below) I may have against Dragonfly Yoga and Fitness,



its owners, members, employees, and/or its instructors, teachers, employees, volunteer staff, interns, independent contractors and/or its landlord (each, a “Released Party”) for any Claim that I may sustain as a result of participating in the Activities of Dragonfly Yoga and Fitness even if the Claim arises from the carelessness or negligence of any Released Party or anyone else. I agree to indemnify and hold harmless each Released Party from any loss or liability incurred in defending any Claim made by me or anyone making a Claim on my behalf, even if the Claim is alleged to or did result from the carelessness or negligence of any Released Party or anyone else. “Claims” include but are not limited to any and all liabilities, claims, demands, expenses, fees, legal actions, rights of actions for damages, personal injury, mental suffering and distress, or death that I may suffer, my children may suffer or that my unborn child may suffer (including any legal fees or expenses) in connection with participation in any Activity.

7. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue any Released Party for any Claim caused by any negligence or other acts of a Released Party.

8. I hereby understand that Dragonfly Yoga and Fitness from time to time may photograph or video classes or events occurring at its studios and place such photographs and videos on its Website. I hereby consent to the use of my image that may appear in any such photograph or video.

9. This agreement shall be construed in accordance with, and governed by, the laws of the State of Pennsylvania.

I acknowledge that I have carefully read this release and waiver of liability and fully understand its contents. I voluntarily and knowingly agree to the terms and conditions stated herein. I am aware that by signing this release and waiver of liability, I am giving up substantial rights, including my right to sue and certain legal rights my heirs, next of kin, executors, administrators and assigns may have against any Released Party.

AN ELECTRONIC SIGNATURE HEREIN SHALL BE AS VALID AND BINDING AS AN ORIGINALLY EXECUTED DOCUMENT.

Signature of Participant _____ Date _____

If Participant is Under18 (must be at least 16 years of age): As legal guardian of _____, I consent to the above listed terms and conditions.

Signature: _____ Date: _____

Emergency Contact Information

Name _____ Phone _____ Relationship _____