

Terms and Conditions

Waiver & Release

Assumption of risks

By participating in in-person yoga classes, online or recorded yoga classes, series, lectures, events, retreats and/or workshops (whether singular or plural hereinafter the “Activities”), conducted by [add company name] (“Asana Groove SL”), I agree to all the terms and conditions set forth in this agreement (the “Agreement”).

I acknowledge that the Activities may involve certain risk. I accept and fully assume all such risks and the possibility of personal injury, death or loss of damage to my property resulting from participating in the Activities.

I am aware and understand that, for safety reasons, in-person use of any props (including, but not limited to, ropes, chairs, blocks, bolsters and trestles) (“Props”), and use of the yoga studios on Asana Groove SL’s premises by in-person participants are not allowed outside of the Activities set forth in this Agreement.

I am aware and understand that the classes and methods (including yoga but not limited to yoga) taught during the Activities may involve physical adjustments (through the medium of Props and/or hands-on physical adjustments) and that I may request not to receive such physical adjustments during the Activities at any time. When receiving an adjustment, I acknowledge that it is my responsibility to inform the instructor when it has gone as far as I want or can handle at that time.

I am aware and understand that while Asana Groove SL does provide changing rooms, that I am solely responsible for any personal items brought on Asana Groove SL’s premises. Asana Groove SL is not responsible for, and assumes no liability arising from, theft of, damage to, or loss of, any personal item.

Release, waiver and indemnity

By participating in the Activities provided by Asana Groove SL, and for other good and valuable consideration, the receipt and sufficiency of which is hereby acknowledged, I agree as follows:

1. to waive any and all claims that I may have against Asana Groove SL and its officers, representatives, directors/managers, employees, teachers, agents, affiliates, members, successors, and assign (the “Releasees”) arising from participating in the Activities;
2. to release Asana Groove SL and/or the Releasees from any and all liability for any loss, damage, expense or injury, including death, that I may suffer or that my next of kin may suffer as a result of my participation in the Activities due to any cause whatsoever to the extent permitted by law;
3. to hold harmless and indemnify Asana Groove SL and/or the Releasees from any and all liability for any personal injury to any third party or for any property damage caused by me which results from participating in the Activities.

Publicity

I agree to allow (at no cost) Asana Groove SL and/or any third party acting on either's behalf, to use my name, photograph, video, voice recording and general location for publicity, news and/or any future promotions or advertising including, but not limited to social media, website, and PR.

Medical

I declare to the best of my knowledge that I know of no reason why I should not participate in the Activities and that I am not presently suffering from (and have not suffered from) any disease or medical condition which may prevent me from participating in the Activities or which may be aggravated by my participation in the Activities.

I understand that my participation in the Activities is granted on the understanding that I understand the risks involved and accept such risks. I take full responsibility not to exceed my personal physical abilities in the practice of the Activities.

I understand that I must immediately inform medical personnel of any pain, discomfort, fatigue or any other symptoms that I may suffer during and after my participation in the Activities. I accept that I may be required to immediately cease or delay my participation in the Activities if so requested.

I acknowledge that I have carefully read and understood this Agreement and fully understand it is a release of liability. I understand that this Agreement will be binding for the duration of my involvement with the Activities.

I understand that this Agreement expresses the final agreement between Asana Groove SL and me, and supersedes all prior or contemporaneous understandings, agreements, representations, and warranties, both written and oral, with respect to the subject matter herein.

Printed Name: _____

Signature: _____

Date: _____

I am under the age of eighteen (18) years or a minor in my place of residence. My parent/guardian has read and completed the section below.

The undersigned, _____ (parent/guardian) the parent and natural or legal guardian of _____ (Minor's name)

hereby executes the forgoing Agreement for and on behalf of the Minor herein. I hereby bind myself, the minor and all other assigns to the Agreement.

I represent that I have legal capacity and authority to act for and on behalf of the Minor named herein, and I agree to indemnify and hold harmless the persons or entities mentioned above for any claims or liabilities assessed against them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the minor in the execution of the Agreement.

Parent/Guardian Signature: _____

Relationship to Minor: _____

Date: _____