

# Liability Release

## Online yoga classes with Jaeda Harmon

### **Release of Liability**

While I, Jaeda Harmon, make every effort to ensure student safety during yoga classes, I ask that class participants take full responsibility for their own wellbeing during the class. I am also required to ask that you, as a class participant, acknowledge your agreement to the following terms as a condition of participating in my online classes.

As a class participant, you hereby agree to the following:

1. That you are participating in yoga classes offered by Jaeda Harmon which may be strenuous and may cause physical injury, and you are fully aware of the risks and hazards involved.
2. That you understand it is your responsibility to consult with a physician prior to and regarding my participation in this yoga class. You represent and warrant that you are physically fit and have no medical condition that would prevent your participation in the yoga class.
3. In consideration of being permitted to participate in the yoga class, you agree to assume full responsibility for any risks, injuries, or damages known or unknown, which you might incur as a result of participating in the yoga class.
4. In further consideration of being permitted to participate in the yoga classes, you knowingly, voluntarily, and expressly waive any claim you may have against the instructor, organizers of the classes, or the online platform through which the class was offered, for injuries or damages that you may sustain as result of participating in the yoga classes.
5. I, my heirs, or legal representative of such, forever release, waive, discharge and covenant not to sue Jaeda Harmon or the online platform through which the class was offered for any injury or death caused by their negligence or other acts.
6. You have read the above release and waiver of liability and fully understand its contents. By participating in the class, you acknowledge that you voluntarily agree to the terms and conditions stated above.