AGREEMENT OF RELEASE + WAIVER OF LIABILITY

THIS FORM COVERS ALL CLASSES, WORKSHOPS + EVENTS OFFERED BY FITWITHIN. FILL OUT THE FOLLOWING, READ + INITIAL EACH PARAGRAPH.

I, _____ , hereby agree to the following: That I am participating in yoga + fitness classes or other workshops offered by FitWithin during which I receive information and instruction about healthy and safe practice. I recognize that these yoga & fitness classes and workshops may require physical exertion, which may be strenuous and could result in physical injury, and I am fully aware of the risks and hazards involved. _____

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in yoga & fitness classes and/or workshops. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in these yoga & fitness classes and/or workshops.

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 yoga & fitness classes and/or workshops. I agree to inform my instructor(s) of any physical limitations, physical discomforts and/or injuries before or during yoga & fitness classes and/or workshops, and I take full responsibility for nondisclosure. _____

In further consideration of being permitted to participate in yoga & fitness classes and/or workshops, I knowingly, voluntarily and expressly waive any claim I may have against FitWithin for injury or damages that I may sustain as a result of participating in these yoga & fitness classes and/or workshops. _____

I have read the above release waiver of liability and fully understand its contents. I voluntarily agree to its contents. I voluntarily agree to the terms and conditions stated above. _____

Signature of Participant: _____ Date: _____

If participant is under age 18: As legal guardian of _____ , I consent to the above terms and conditions.

Signature of Guardian: _____ Date: _____