

General Release of Liability

I, _____
(client)

have voluntarily enrolled in a physical training program and stretching regimen which may require hands-on adjustments, use of props and includes but is not limited to Yoga, Yoga therapeutics and Yoga Tune Up® as shown and directed by Maura Barclay.

I hereby certify that I am in good physical condition. Any diagnosed or undiagnosed injuries that may be aggravated by this activity have been evaluated and cleared for physical activity and a stretching regimen by a qualified medical physician.

I take full responsibility for my well-being, any medical history, current or previous medical conditions and current or previous, known or unknown injuries that might be aggravated as a result of my participation in this physical training program and stretching regimen.

In consideration of my participation in this physical training program and stretching regimen, I, for myself, my heirs, and assigns, hereby release Maura Barclay and West Seattle Wellness from any claims, demands, and causes of action arising from my participation in this physical training program and stretching regimen. I fully understand that I may injure myself or aggravate an injury, known or unknown, as a result of my participation in this physical training program and stretching regimen as shown and directed by Maura Barclay and I hereby release Maura Barclay and West Seattle Wellness from any liability, now or in the future for injuries however caused, occurring before, during or after my participation in the exercise program.

I, being in sound mind, hereby affirm that I have read and fully understand the above.

(client signature)_____

(client name)_____

Signed in good faith on _____(date)