

### Release & Waiver of Liability

I understand that yoga includes physical movements and exercises as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, I understand that yoga classes or workshops/ events (hereinafter referred to as 'Activity') at The Welcome Mat Ltd. may be physically strenuous and I voluntarily participate in them with full knowledge that there is risk of personal injury, property loss or death. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I assume full responsibility for any and all damages, which may be incurred as a result of my participation in classes or activities offered by The Welcome Mat Ltd. and its contracted teachers.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Under certain medical conditions, yoga is not recommended and is not safe. By signing, I affirm that I believe I am physically able, and am in good health and physical condition to participate in such a fitness program or activities. If I am unsure as to my ability to participate due to a physical injury or limitation, I will consult with a physician or medical professional before continuing and notify the instructor of my concerns or limitations. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk.

In further consideration of participating in the Activities, I knowingly, voluntarily and expressly waive any "Claim" (as defined below) I may have against the Teacher and any of Teacher's employees, independent contractors or assistants (each, a "Released Party") that I may sustain as a result of participating in the Activities even if the Claim arises from the negligence of Released Party or anyone else. I agree to indemnify and hold harmless Released Party from any loss, cost, 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 negligence of Released Party or anyone else. "Claim" includes but is 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 spouse, children or unborn child may suffer (including any legal fees or expenses) in connection with participation in yoga classes or any Activity of The Welcome Mat Ltd. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Released Party for any Claim caused by any negligence or other acts of Released Party.

I hereby understand that the studio from time to time may photograph, video, or otherwise record classes or events occurring at its studios and place such photographs and videos on its website or social media platform. I hereby consent to the use of my image that may appear in any such photograph or video. I also agree that The Welcome Mat Ltd. is in no way responsible for the safekeeping of my personal belongings while I participate in yoga classes or Activity at The Welcome Mat Ltd.

I agree that neither I, my heirs, assigns nor legal representatives will sue or make any other claims of any kind whatsoever against The Welcome Mat Ltd. its Owner/ Operator, directors, members, contracted teachers or workshop/ event providers or sponsors for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against The Welcome Mat Ltd., its owners, its instructors and class/workshop sponsors. I have read and fully understand and agree to the above terms of this Agreement of Release and Waiver of Liability. I am signing this agreement voluntarily and recognize that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law in the Province of Alberta.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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***\*If participant is under the age of 18, a legal guardian's authorization is required\****

As a Legal Guardian of \_\_\_\_\_ I consent to the above terms and conditions.

Parent/ Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_