



Arrow Yoga 200 Hour YTT
Liability Student Waiver Agreement
Updated 10/1/21

This Release and Waiver of Liability (the "Release") is executed on this date _____,

By _____ (the "**Participant**"), In favor of **Dani Yarusso Yoga, LLC, (DBA Arrow Yoga)**, and their Faculty, Teachers, Guest Speakers, Assistants, Substitutes, Venue Owners and Representatives, and their Directors, Officers, Employees, Volunteers, Family Members and Agents (collectively, "**Arrow Yoga & Partners**"). I desire to participate in the Arrow Yoga 200 Hour Yoga Teacher Training Program and engage in activities related to the training including, but not limited to, participating in Yoga classes, practicing meditation, breath-work and Yoga postures, participating in group learning activities, lectures and other experiential exercises for the purpose of teacher training (collectively, the "**Activities**").

I hereby freely, voluntarily and without duress execute this Release under the following terms:

Release & Waiver. I, the Participant, do hereby release and forever discharge and hold harmless **Arrow Yoga & Partners** and their successors and assigns from any and all liability, claims and demands of whatever kind or nature, either in law or in equity, which arise or may hereafter arise from my Activities with **Arrow Yoga & Partners**. I understand and acknowledge that this Release discharges **Arrow Yoga & Partners** from any liability or claim that I may have against **Arrow Yoga & Partners** with respect to any bodily injury, personal injury, illness, death or property damage that may result from my Activities with **Arrow Yoga & Partners**.

I also understand that **Arrow Yoga & Partners** do not assume any responsibility for or obligation to provide financial assistance or other assistance, including but not limited to medical, health or disability insurance in the event of injury, illness, death or property damage.

Assumption Of Risk. Yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. Participation in yoga teacher training includes, but is not limited to, participation in meditation techniques, yogic breathing techniques, and performing various yoga postures, group activities, lectures and/ or other experiential style learning exercises. Yoga is an individual experience. 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, adjust the posture and ask for assistance. I understand that it is my responsibility to progress at my own pace and appropriate level in yoga class. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I understand that Yoga is not a substitute for medical care. I acknowledge that participation in yoga classes exposes me to a possible risk of personal injury. I am fully aware of this risk. I understand that my safety is my responsibility.

I hereby certify that I have read this document and I understand its content. I am aware that this is a release of liability as well as a contract and I sign it of my own free will. I also understand at the yoga classes or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purposes by **Arrow Yoga & Partners**.

Participant Signature _____

Date _____