

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I, _____, hereby agree to the following:

1. I am participating in Yoga Therapy and/or Private Yoga Classes offered by Mary Irby/White Crow Yoga, LLC, during which I will receive information and instruction about Yoga and Ayurveda including but not limited to physical exercise, meditation, breathing techniques, tapping, subtle energy work and herbal remedies. These services may be provided by students who are still in training. This liability waiver form release White Crow Yoga, LLC, Mary Irby and all students enrolled in a White Crow Yoga course.

2. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. Meditations and subtle energy work may be offered and I attest by signing this document that I am mentally and emotionally sound and not at risk of harming myself or others.

3. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in Yoga Therapy and Private Yoga Classes. Mary Irby holds a Certification in Yoga Therapy and is not a licensed physician. Her students are still in training and do not hold certifications.

4. In consideration of being permitted to participate in Yoga Therapy and Private Yoga Classes, 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 program. This holds true if I am being offered services free or I am paying a fee. This holds true if Mary Irby is providing the services or if her staff, employees, contractors or students are providing the service. Yoga Therapy services are not licensed by the state of TN or FL and is an alternative or complementary therapy to the healing arts services licensed by the state. No one offering yoga therapy at White Crow Yoga, including Mary Irby, is a medical professional and as such they will not prescribe, diagnose or treat any issues.

5. In further consideration of being permitted to participate in Yoga Therapy and Private Yoga Classes, I knowingly, voluntarily and expressly waive any claim I may have against Mary Irby, White Crow Yoga LLC, and students in training for injury or damages that I may sustain as a result of participating in Yoga Therapy.

6. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Mary Irby, White Crow Yoga LLC, or any students in training for any injury or death caused by their negligence or other acts.

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

SIGNATURE OF PARTICIPANT _____ DATE _____

I CONSENT TO THE ABOVE TERMS AND CONDITIONS.

If participant is under 18:
AS PARENT/LEGAL GUARDIAN OF _____

DATE _____

I CONSENT TO THE ABOVE TERMS AND CONDITIONS.