



Agreement and Release from Liability *Yoga at The Bird*

1. Voluntary Participation. I, _____, acknowledge that I am voluntarily participating in yoga instruction classes hosted by Bird School of Music, LLC ("the Bird").

2. Assumption of Risk. I AM AWARE THAT YOGA, LIKE OTHER FORMS OF PHYSICAL OR SPORTS ACTIVITY, BY ITS NATURE, CAN RESULT IN PERSONAL INJURY DUE TO CIRCUMSTANCES BEYOND MY OWN CONTROL OR THAT OF THE BIRD OR THE INSTRUCTOR.

IF I HAVE A PRE-EXISTING INJURY OR CONDITION THAT MAY AFFECT MY ABILITY TO PARTICIPATE IN YOGA, OR IF I HAVE NO PRIOR EXPERIENCE IN YOGA PRACTICE, I WILL SPEAK WITH THE INSTRUCTOR BEFORE PARTICIPATING IN THIS ACTIVITY AT THE BIRD.

I AM VOLUNTARILY PARTICIPATING IN THIS ACTIVITY WITH KNOWLEDGE OF THIS POTENTIAL FOR INJURY, AND I ACCEPT THE RISK OF INJURY, AND VERIFY THIS STATEMENT BY PLACING MY
INITIALS HERE: _____.

3. Release. As consideration for being permitted to participate in yoga class at the Bird, I agree that neither I nor any of my assignees, heirs or legal representatives will make any claim against or sue the Bird or any of its

employees, agents, officers or owners on account of any injury or damage resulting from their acts, however caused, as a result of my participation in these activities, except for injuries that result directly from their gross negligence or intentional misconduct. I hereby release the Bird and its employees, agents, officers and owners from all actions, claims or demands that either I or my assignees, heirs or legal representatives now or may hereafter have for injury or damages resulting from my participation in this activity.

4. Knowing and Voluntary Execution. I AM 18 YEARS OF AGE OR OLDER. I HAVE CAREFULLY READ THIS RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BY ME, AND THAT I SIGN IT OF MY OWN FREE WILL.

Date signed: _____

[signature]

[printed name]

Date of birth: _____

Statement of Witness

I certify that _____ acknowledged in my presence that he or she read and fully understood the meaning and consequences of the above Release, and signed it in my presence.

Date signed: _____

[signature]

[printed name]