



## Curvy Asanas Yoga Waiver Form

By participating in online, studio and one to one yoga classes with Chaanah Mortlock I agree to the following terms:

1. I assume all risk of injuries, known or unknown, associated with participation in classes with Chaanah Mortlock.
2. I recognise that yoga may require some physical exertion, movement, twists, inversions and breathing techniques and am fully aware of the risk of injury.
3. I will remain mindful of my breath throughout the class and take appropriate rests by lying down if I notice any changes to my normal breathing pattern or experience any breathlessness or dizziness.
4. If I feel any discomfort, or strain during any part of the class anywhere in my body, I will come out of the pose and take a rest by lying down.
5. I accept that it is my sole responsibility to listen to my body and not perform any posture to the extent of pain or strain. I affirm that I alone am responsible to decide whether to practice or not.
6. When practicing at home, I will clear enough space around my mat so that I don't hurt myself on any furniture if I lose my balance.
7. I will use appropriate and suitable props whenever I need to.
8. I certify that I am physically fit and have no medical conditions that would prevent my full participation in this yoga class.
9. It is my responsibility to consult with a doctor prior to participating.
10. I recognise that it is my responsibility to inform Chaanah of any physical or psychological conditions or concerns that may affect my practice and will inform her of any serious illness or injury two hours before every class, by phone or email and await her reply before joining.
11. I acknowledge that I am physically fit and mentally capable of performing this physical activity that I choose to participate in.
12. I release Chaanah Mortlock her family and all legal representatives from all liability relating to her teaching of yoga.

By registering and participating in this class I agree that I have read and understood this waiver of liability and I voluntarily and expressly agree to its terms. I, my heirs or legal representatives, forever release, waive, discharge and covenant negligence or other acts.

Any participants under the age of 18 will have prior agreement, after a telephone consultation with Chaanah Mortlock, and these terms and agreements must have been read and signed by a parent or legal guardian and emailed to [info@curvyasanas.co.uk](mailto:info@curvyasanas.co.uk) prior to the class.