

Bikram's Yoga College of India - Richmond
Agreement of release and waiver of liability

I, (print name) _____, hereby agree to the following:

1. That the instruction offered by Bikram's Yoga College of India- Richmond is limited to that of instruction of yoga and health
2. That even with clear instruction, there is a possibility of injury, and that it is my responsibility to consult a physician regarding my ability to participate before coming to Bikram's Yoga College of India- Richmond
3. I attest that I have no psychological, medical, or emotional condition that would prevent me from safe participation in a Bikram yoga class
4. I release and discharge Bikram's Yoga College of India- Richmond, its directors, and its instructors from any and all liability, claims, damages, or actions that I may have resulting from injury, death, or damages arising from my participation in the yoga class, including losses caused by the negligence of the released parties
5. I recognize that this **agreement of release and waiver of liability** is a legal contract and that I have complete knowledge of its contents

List any physical ailments:

I have read this agreement and fully understand its contents and meaning, and sign it of my own free will:

Signature _____

Date _____

Address _____

Phone _____

Email _____

Birthdate _____

How did you hear about us? _____