# MUDDY FEET YOGA

## Liability Waiver & Intake Form

### Contact Information

* Name: _____

* Phone Number: _____

* Email: _____

Date of Birth:_____

Address:_____

### Emergency Contact Information

* Name:_____

* Phone Number: _____

### Liability Waiver & Release

Muddy Feet Yoga (MFY) recommends that you seek the advice of physician before commencing any exercise routine. I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. 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, discontinue the activity, and ask for support from the instructor. I assume full responsibility for any and all damages, which may incur through participation.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against MFY and its instructors.

MFY includes photos of MFY activities on its website, educational materials, publications, and advertisements, including in social media. Photos sometimes include classes of students engaged in yoga activities. In such materials, MFY will not identify any individual student by name unless specifically and separately authorized. By signing this release form you are hereby granting permission to MFY, its representatives and employees the right to take photographs of classes that may include you and authorize MFY, its assigns and transferees to copyright, use and publish the same in print and/or electronically for any lawful purpose, including such purposes as publicity, illustration, advertising, and web content.

I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognize that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law in the State of Iowa.

X_____