

Shanti Yoga Studio Release and Waiver of Liability

Name: _____ Email Address: _____
Phone Number: _____ Mailing Address: _____

I understand that classes at Shanti Yoga Studio (in studio, outdoors, or virtually) may be physically strenuous and I voluntarily participate in them with full knowledge that there is risk of personal injury, mental distress, or death. I understand that yoga classes are intended to decrease stress, promote relaxation, and ease muscular tension. If I experience discomfort or pain while in yoga class, I will stop the action and make appropriate modifications to prevent injury. I understand that I should consult a physician prior to participating in a yoga class, and I acknowledge that I know my physical limitations and how to modify my activity to prevent injury. I understand that yoga is not a substitute for medical care, and that the business and its staff are not medical professionals and cannot give medical advice. I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against Spa del Sol & Shanti Yoga Studio or its members for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise.

Client Signature: X _____ Date: _____

Shanti Yoga Studio COVID-19 Liability Waiver

I acknowledge that COVID-19 has been declared a global health crisis, and that it is highly contagious, especially in areas of close contact with others. I understand that COVID-19 can be contracted from a variety of sources, including asymptomatic or pre-symptomatic carriers who might not realize they have the virus. I further acknowledge that Spa del Sol & Shanti Yoga Studio and its staff have put precautionary measures into place to minimize potential risk of exposure and spread of the virus, but that Spa del Sol & Shanti Yoga Studio cannot guarantee that I will not become infected by the virus while utilizing their services. I understand that my risk of exposure to COVID-19 is increased as a result of my participation in this service, and that potential exposure may occur as a result of the actions of myself, Spa del Sol & Shanti Yoga Studio staff, or other business patrons.

While participating in this service offered by Shanti Yoga Studio (or Shanti Yoga School) I understand and agree to abide by the CDC recommendations for limiting potential spread and exposure of COVID-19, including but not limited to:

- Stay home when showing symptoms
- Maintain 6 foot social distancing whenever possible
- Wear a cloth face covering when 6 feet of distancing is not possible
- Wash hands often with soap and water for at least 20 seconds, especially after coughing, sneezing, blowing your nose, using the restroom, or being in a public place, or use hand sanitizer when soap and water are not readily available
- Avoid touching eyes, nose and mouth with unwashed hands

I attest that:

- I am not currently experiencing any signs of illness including, but not limited to, fever, cough, shortness of breath, sore throat, headache, muscle pain, chills, diarrhea, vomiting, or loss of taste or smell.
- To my knowledge, I have not been exposed to anyone exhibiting these symptoms within the last 14 days.
- I have not travelled internationally or to an area of high exposure in the United States within the last 14 days.
- To the best of my ability, I am adhering to CDC recommendations to limit my exposure to COVID-19.

I am aware of the risks of participating in this event during the COVID-19 global pandemic. I understand that Spa del Sol & Shanti Yoga Studio has put preventative measures into place to minimize the risk of COVID-19 spread and exposure. I agree to accept all risk and assume responsibility for any potential exposure to COVID-19 while participating in Shanti Yoga Studio services. I release and waive my right to bring suit against Spa del Sol & Shanti Yoga Studio and its owners and staff in connection with exposure or spread of COVID-19.

Client Signature: X _____ Date: _____