

Yoga release statement

1. I am participating in a home yoga class offered remotely by Hanover Township Senior Center & Teresa Speranza.
2. I recognize that I must be in adequate physical and mental health to participate in yoga. I understand that yoga may require physical exertion, and I represent and warrant that I am physically fit enough to participate, and I have no medical condition which would prevent my full participation in yoga.
3. I am aware that my participation in yoga could result in physical injury and may aggravate pre-existing injuries. I understand that I could experience muscle, back, neck and other injuries as a result of my participation in yoga. I understand my physical limitations and I am sufficiently self-aware to stop or modify my participation in any activity before I become injured or aggravate a pre-existing injury.
4. In consideration of being permitted to participate in yoga, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in yoga.
5. In further consideration of being permitted to participate in the yoga, I knowingly, voluntarily and expressly waive any "Claim" I may have against Hanover Township Senior Center & Teresa Speranza.

I acknowledge that I have carefully read this agreement and fully understand its contents. I voluntarily and knowingly agree to the terms and conditions stated herein.