

**YOGA CLASS WAIVER FORM**

**Tacoma Buddhist Temple online Yoga class with Kara O'Toole  
Valid until December 31, 2021**

All of the information on this form is kept confidential

**PARTICIPANT INFORMATION:**

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Cell/Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**EMERGENCY CONTACT NAME:** \_\_\_\_\_ **CELL PHONE** \_\_\_\_\_

**If you accidently fall will there be someone immediately available at your residence? \_\_\_YES \_\_\_NO**

**Have you practiced yoga before? \_\_\_ YES \_\_\_NO** If YES, for how long? \_\_\_\_\_

Limitations/injuries: \_\_\_\_\_

**Do you have numbness/pain (circle all that apply)** neck shoulders elbows hands wrist hips  
Lower back upper back knees feet

Other (please describe): \_\_\_\_\_

**Participant Waiver & Release of Liability**

If at any time during the class, I (Participant) feel discomfort or strain, I will gently come out of the posture. I understand that I may rest at any time during the class. I understand that it is important in yoga to listen to my body and respect its limits.

I, (Participant) the undersigned, understand that yoga is not a substitute for medical attention, examination, diagnosis, or treatment; and that I should consult a physician or healthcare provider prior to beginning any activity program, including yoga. I recognize that it is my responsibility to notify my teacher of any serious illness or injury before every yoga class. I will not perform any postures to the extent of strain or pain.

I (Participant) accept that Tacoma Buddhist Temple and Kara O'Toole is not liable for any injury, or damages, to person or property, resulting from my participation in the class. **Those under 18 years of age must have this form signed by a parent or guardian.**

\_\_\_\_\_  
Name (Print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Parent/guardian signature for participants under 18 years of age:**

\_\_\_\_\_  
Parent/Guardian Name (Print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date