



## **UNDER 18 PERMISSIONS & WAIVER**

Agreement of Release and Waiver of Liability:

***I agree to the following:***

- I hereby authorize my child/children to participate in a Portland Power Yoga class being offered at Portland Power Yoga in Portland, Maine during which he/she/they will receive information and instruction on yoga, movement and breath.
- I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury and I am fully aware of the risks and hazards involved. In consideration of this, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which my child or my children might incur as a result of participating in the class. I represent and warrant that my child/children are physically fit and have no medical conditions, which would prevent their full participation in Portland Power Yoga.
- I knowingly, voluntarily and expressly waive any claim I or my child/children may have against Portland Power Yoga and teaching staff for injury or damages that they may sustain as a result of participating in a Portland Power Yoga class.

I have read the above and waiver liability, fully understand its contents and voluntarily agree to the terms and conditions stated above.

PRINTED NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

CHILDS NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

CHILDS NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

EMERGENCY CONTACT NUMBER: \_\_\_\_\_

