

# Yoga Class Participant Waiver Form Sample

Download our **yoga class participant waiver form sample** to ensure safety and legal protection for both instructors and attendees. This form clearly outlines the risks involved and secures consent before participation. Use it to promote a safe and informed yoga practice environment.

## Yoga Class Participant Waiver Form

### Participant Information

Full Name:

Date of Birth:

Email Address:

Phone Number:

### Assumption of Risk, Release, and Waiver

I, the undersigned, acknowledge that participating in yoga classes involves inherent risks, including but not limited to, physical injury, and I understand the nature of these risks. I confirm that I am in good physical condition and am capable of participating in yoga sessions.

I voluntarily assume all risks and agree to release and hold harmless the instructor, facility, and all staff from any liability, claims, or causes of action arising out of participation in yoga sessions.

I certify that I have consulted with or will consult with my physician before participating in any yoga class if I have concerns about my physical health.

By signing below, I acknowledge that I have read, understood, and agree to the above waiver and release of liability.

I agree to the terms and conditions outlined above.

### Signature

Participant Signature:

Date:

Submit