

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress reduction, and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, stop performing the yoga sequence immediately. I, in clicking “Join Class”, understand that yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I should consult a physician prior to beginning any activity program, including yoga. I affirm that I alone am responsible to decide whether or not to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Let it Be Yoga LLC or any teacher affiliated with Let it Be Yoga LLC. I also grant permission to Let it Be Yoga LLC and it’s agents and employees the irrevocable and unrestricted right to reproduce the photographs and or video images taken of me, or members of my family, for the purpose of publication, promotion, illustration, advertising, or trade, in any manner or an any medium, whenever applicable. I hereby release Let it Be Yoga LLC and it’s legal representatives for all claims and liability relating to said images or video. Those under 18 years of age must have a parent or guardian review terms of service.