

The Personal Wellness Center, LLC Waiver & Release Form

Personal Information

Name: _____

Address: _____

Cell Phone: _____ Email: _____

Emergency contact: _____ Emergency phone number: _____

Limitations/Injuries that you currently have: _____

Are you pregnant? Yes or No If Yes, weeks of pregnancy: _____

Agreement

I, _____ (print name) understand that at **The Personal Wellness Center (TPWC)** and **Lotus Yoga Studio**, we practice all levels of yoga, dance and/or some form of body movement. These are transformational practices that integrate body, mind, and spirit for the purpose of bringing wellness and higher levels of awareness. Classes are taught by trained professionals and because all exercise and body movement involve some risk of injury, I agree that I am in proper physical condition to participate.

1. I also agree:

- And acknowledge that I am fully aware of and accept all the risks of participating in the classes/workshops/events at TPWC.
- To listen to and follow instructions carefully and safely
- To respect my body's limits and I am willing to stop before I become injured.
- To ask for assistance if I am unsure how to perform a certain movement.
- To notify my instructor immediately of any pain and/or major discomfort felt during any class/workshop or event at TPWC.
- If any medical care is rendered to me, I consent to that care if I am unable to give my consent for any reason at the time the care is rendered.
- **Pregnant women must consult with and obtain written approval from their healthcare provider before enrolling and/or continuing with classes. Written medical approval must be provided to the instructor before the pregnant student can participate. Students should report pregnancies to the instructor immediately.**

2. I am fully responsible for my own safety and well-being.

3. To consult with my physician about embarking on any exercise program.

4. I agree to respect all provided equipment.

5. I give my permission to TPWC to take and utilize photographs, videos, or other recordings of me for marketing purposes. This permission is for use in social media and the internet for an unlimited amount of time. I understand that I will not be compensated or receive additional consideration for consenting to the use of my images, and that I will not be given the chance to review, inspect, or approve the promotional or marketing material, messages and/or other content that may use my images. If you would rather opt out, please initial here _____.

