

I am aware that High Desert Yoga is here to serve me by sharing knowledge of Yoga and health. By my participating in classes or activities at High Desert Yoga, I agree to take full responsibility for not exceeding my limits in the practice of Yoga and for any injury I might suffer in the practice of Yoga. It is my responsibility to ascertain that there is no medical reason to prevent my participation. In consideration for operating, I waive any claim that I might have at any time for injury of any sort against High Desert Yoga or any person or entity in any way involved therewith. I have carefully read the release, fully understand and agree to the above.