

Zen Den Yoga Liability Waiver & Release



Participant Name: _____

Date: _____

By participating in any services offered by Zen Den Yoga, including but not limited to virtual yoga sessions, private yoga instruction, group yoga classes, meditation, mindfulness practices, wellness programs, life coaching, consultations and retreat-related services, I acknowledge and agree to the following:

Assumption of Risk

I understand that yoga, movement practices, meditation and wellness activities involve physical activity and may carry risks including injury, discomfort or other health-related concerns. I voluntarily choose to participate and understand that it is my responsibility to listen to my body and modify activities as needed.

I confirm that I am physically capable of participating in these services. I will notify Zen Den Yoga of any injuries, medical conditions or limitations that may affect my participation.

Release of Liability

I release and hold harmless Zen Den Yoga, its instructors, representatives and affiliates from any claims, injuries, damages or losses that may occur as a result of my participation in services provided by Zen Den Yoga, except where prohibited by law.

Personal Responsibility

I understand that Zen Den Yoga services are intended to support wellness and personal growth and are not a replacement for medical advice, diagnosis or treatment from a licensed healthcare professional.

I am responsible for making choices that are appropriate for my own health, safety and well-being.

Virtual Services

For virtual sessions, I understand that I am responsible for creating a safe practice environment, including having enough space and using appropriate equipment. Zen Den Yoga is not responsible for hazards or injuries related to my personal practice space.

Retreat Services

For retreat planning, consultation or travel-related services, I understand that Zen Den Yoga provides guidance and support but is not responsible for circumstances outside of its control, including travel delays, cancellations, accommodations, transportation, weather conditions or actions of third-party providers.

Media Release (Optional)

I give permission for photos or videos taken during Zen Den Yoga events or experiences to be used for promotional purposes unless I notify Zen Den Yoga in writing that I do not wish to participate.

☐ I agree to the Media Release

☐ I do not agree to the Media Release

Agreement

By signing below, I acknowledge that I have read and understand this Liability Waiver and Release. I voluntarily agree to participate in Zen Den Yoga services and accept responsibility for my own health and safety.

Participant Signature: _____

Date: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____