

**Oakland University/Meadow Brook Hall Yoga on the Lawn
Release and Waiver of Liability**

- 1.** I am a participant in a yoga class offered by Oakland University/Meadow Brook Hall during which I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

- 2.** In consideration of being permitted to participate in yoga class, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participation in the program.

- 3.** I understand during classes instructors may physically adjust me. I release Oakland University/Meadow Brook Hall from any claim whatsoever on account of adjustments, treatment or service rendered during my participation in this yoga class.

- 4.** In further consideration of being permitted to participate in this yoga class, I knowingly, voluntarily and expressly waive any claim I may have against Oakland University/Meadow Brook Hall for injury or damage that I may sustain as a result of participation in the yoga class.

- 5.** I understand that it is my responsibility to consult a physician prior to and regarding my participation in yoga. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my participation in the yoga class.

- 6.** I assume all responsibility, for all risks of damage or injury that may occur to me as a student of the instruction while attending classes, participation in exercises, using Oakland University/Meadow Brook Hall's facilities or entering or exiting the grounds.

- 7.** I, my heirs, or legal representatives, forever release, waive, discharge and covenant not to sue Oakland University/Meadow Brook Hall for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Printed Name: _____

Signature: _____

Date: _____