

Waiver, Release of Liability, and Assumption of Risk Agreement to Participate

In consideration of being allowed to participate in the Young Yoga Masters – Kids Yoga Teacher Training, I agree to waive my rights to ordinary negligence issues, understanding 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.

I understand that it is my responsibility to consult my doctor regarding any physical conditions which may limit my participation in yoga class and to work within my limitations as per Doctor's recommendations. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. I am aware of the physical risks involved with strenuous exercise and understand it is my personal responsibility to consult with my Doctor regarding my participation.

I affirm that I alone am responsible to decide whether to practice the yoga poses, games or activities. I have no medical condition which would prevent me from taking part in the Kids Yoga Teacher Training, and I assume responsibility for any risk or injury I may sustain as a result of my participation.

I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Katherine Humphrys (Aruna Santokh Kaur) and Young Yoga Masters, their agents, trainers, officers, directors, instructors, sponsors, and other participants, and the owners, lessor, and lessees of the premises as a result of my participation in any training, events or activities. I hereby agree and covenant not to make a claim against, sue or attach the property of Katherine Humphrys or Young Yoga Masters or any of its affiliated organizations or above-mentioned parties.

Video & Audio Taping Release

I hereby consent to the photographing and videotaping of myself and the recording of my voice and the use of these singularly or in conjunction with other photographs and/or recordings for the purposes of providing replays of the training, advertising, publicity, commercial or other business purposes. I understand that the term "photograph" as used herein encompasses both still photographs and video recordings.

I further consent to the reproduction and/or authorization by **Katherine Humphrys (Aruna)** to reproduce and use said photographs and recordings including use of my voice, for use in all domestic and foreign markets. Further, I understand that others, with or without the consent of Katherine Humphrys may use and/or reproduce such photographs and recordings.

I hereby release **Katherine Humphrys** and any associated or affiliated companies, their directors, officers, agents, employees and customers, and appointed advertising agencies, their directors, officers, agents and employees from all claims of every kind on account of such use.

Copyright Notice and Conditions of Use

I acknowledge the workbook and printed materials presented in the training provided by Katherine Humphrys are for my personal use and for use in the children's classes that I teach. The workbook and printed materials cannot be used by me for training other teachers or be sold, photocopied, shared, or published in print or electronically without the prior express consent and acknowledgement of Katherine Humphrys.

I have read the above release and waiver of liability and copyright notice and conditions of use and understand its contents. I agree to the terms and conditions stated above.

[Signature]

[Name – please print]

[Date]

Young Yoga Masters Kids Yoga Teacher Training
Aruna Katherine Humphrys, Lead Trainer
www.YoungYogaMasters.com

Training Website: YogaAndMeditationTraining.com
www.YoungYogaMasters.com/policies/