

DISCLAIMER FOR ATTENDING YOGA-PRANAYAM CLASSES/ WORKSHOPS/ RETREATS

Yoga-Pranayam events such as Taksha Yoga Therapy Retreats (“sessions”) are organized by non-profit organizations, namely, **Taksha Institute/Center for Integrative Medicine and Yoga (CIMY)**, who are hereby referred to as the Organizers & Instructors (“O&I”). O&I, including all related entities (employees, agents, affiliates, volunteers associated with them), expressly state that, in general, Yoga-Pranayam is safe and beneficial. However, like any other health and physical exercise program, it should be practiced judiciously, correctly, and cautiously.

No reference by O&I at Yoga-Pranayam sessions to any health-related/medical/other information is intended to be a substitute for professional judgment of a qualified health-care provider.

O&I are not responsible for changing the structure of the Yoga-Pranayam Classes to suit individual needs. Not all presentations at the Yoga-Pranayam Classes may be suitable for everyone. If pain is experienced anytime during the practice of Yoga-Pranayam, it should be stopped immediately and a qualified health care professional should be consulted. The O&I assume no responsibility and will not be liable for any harm, injury, damage known or unknown or otherwise, that may result from any tort, negligence or from a breach of an express or implied warranty however caused or occurring during or after participation in the Yoga-Pranayam Classes or while practicing anything presented therein. The O&I, at their sole own discretion reserve the right to deny participation at any time of the Yoga-Pranayam sessions to any entity without assigning any reason whatsoever.

By participating in the Yoga-Pranayam session, the participant or the guardian who is responsible by law for the participant, hereby expressly and willingly assumes all risks, full responsibility and liability for participating and practicing anything presented therein, and forever waives and releases and agrees to defend, indemnify and hold the O&I harmless from and against any and all injuries (including death), damages and any other claims or demands, liabilities and settlements (including without limitation, legal and accounting fees) on or against the O&I for losses or damages, including, without limitation, direct, indirect, incidental, consequential or special damages, personal injury/wrongful death, resulting from or alleged to result from participating in or practicing anything that is presented in the Yoga-Pranayam session.

Participation in the Yoga-Pranayam session indicates your agreement that you, your heirs or legal representatives, forever release, waive, discharge, and covenant not to sue the O&I for any injury or death caused by their negligence or other acts.

RULES FOR PARTICIPATING IN YOGA-PRANAYAM CLASSES / SESSIONS

1. I understand that it is my responsibility to consult and obtaining consent from a physician prior to and regarding my participation in the Yoga-Pranayam Classes, Health Programs or Workshops. It is my responsibility to inform them of any changes in the Medical status.

2. Suitable clothing is advised, e.g., loose gym wear/jogging wear/Punjabi suit.

3. Participants will bring their own Yoga mats/bed sheets, towels, tissues and water (if required) to each class.

4. We do recommend that participants maintain a regular medical check up to see for themselves how Yoga-Pranayam may be affecting their health within the medical parameters of concern (if any) or of those being monitored.

5. Participants are advised to come on an empty stomach for maximum results (No food 4 to 5 hours before the Yoga-Pranayam Session)

O&I highly recommends to every participant to consult and obtain independent medical advice from their Health Care Professional before executing the aforesaid disclaimer and become aware of any effect that may be applicable in light of your medical history or concerns.

I acknowledge that I am participating in the yoga-Pranayam sessions on voluntary basis. I have read, understood in its entirety and I voluntarily agree to the terms and conditions of the release and waiver of liability and rules for participating in yoga-Pranayam sessions as described above.

Student (or Legal Guardian) Signature: _____ Date : _____

Print Full Name _____ **Address:** _____

_____ **Tel(Home):** _____

Email (in UPPER CASE): _____ **Tel(Cell):** _____