

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

Please read each item below and check only if you agree to the statement contained therein.

- In consideration of being allowed to participate in Zumba®/yoga classes, events and activities with CORINNE MAH dba MAHALOKA, I agree to waive my rights to ordinary negligence issues, understanding that Zumba®/yoga includes physical movements as well as an opportunity for fitness, cardio-vascular conditioning, 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 advise my teacher(s) of any physical conditions which may limit my participation in Zumba®/yoga class and to work within my limitations. If I experience any pain or discomfort, I will listen to my body, take a break, adjust the movement/posture, and advise and ask for support from the teacher. I will continue to breathe smoothly.
- Zumba®/Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Zumba®/Yoga practice and/or specific movements/poses are not recommended and are not safe for individuals with certain medical conditions. 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 Zumba®/yoga. I have no medical condition which would prevent me from taking part in Zumba®/yoga classes or workshops, 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 CORINNE MAH and/or MAHALOKA, its agents, owners, officers, directors, instructors, sponsors, and other participants, and the owners, lessor, and lessees of the premises as a result of my participation in any classes, events or activities.
- I hereby agree and covenant not to make a claim against, sue or attach the property of CORINNE MAH and/or MAHALOKA or any of its affiliated organizations or above-mentioned parties.
- I have read the above release and waiver of liability and understand its contents. I agree to the terms and conditions stated above.

** By registering for classes with CORINNE MAH dba MAHALOKA, all students agree to the terms and conditions of the preceding Waiver, Release of Liability, and Assumption of Risk Agreement to Participate.*

For more information, contact CORINNE MAH at 250.589.8836 or e-mail info@mahaloka.com

(PRINT) Student/Parent/Guardian

(SIGN)

DATE

PHONE

EMAIL