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672 Fennell Ave E, Hamilton ON 905 906 8598



Quite A Stretch Yoga & Zumba® Ltd.  
"Your journey 'OM"

### Quite A Stretch Yoga & Zumba® Ltd. Agreement of Release and Waiver of Liability

Name	Home Phone
Address	Cell Phone
City	Postal Code
Prov.	Date of Birth DD/MM/YY
E-Mail	
Emergency Contact Name & Phone:	

**Do you have any of the following conditions that your instructor should be aware of:**

- Epilepsy/Seizures    Asthma    Heart/Circulatory Problems    Pregnancy    High or Low Blood Pressure    Dizzy spells/Fainting    Diabetes    Neck/Back/Spine injury:  
 Joint injury (ankle, knee, hip, elbow, shoulder):  
 Muscular Injury:

Other medical condition, injury or disability:

Recent Surgery:

Yoga Level: <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
Zumba Level: <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
Fitness Level: <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced

By signing this waiver, I understand that Yoga and Zumba® includes physical exercises as well opportunities for stretching, strengthening, and deep relaxation. As is the case with any physical activity, I accept that the risk of injury (even serious injury) is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, modify or stop doing the movement or come out of the posture in question, and seek immediate assistance from the instructor. I will breathe calmly. Yoga and Zumba® are not a substitute for medical attention and it is not intended to examine, diagnose or treat any condition. Yoga and Zumba® are not recommended and is not safe for those with certain medical conditions. I acknowledge and affirm that I am competent to decide whether or not to participate in group or private Yoga and Zumba® classes and I will make an informed choice before doing so. I hereby agree to the following:

- I am fully aware of the risks and hazards involved in practicing Yoga and Yoga-related modalities, as well as Zumba® and Zumba®-related modalities at Quite A Stretch Yoga & Zumba®.
- I understand that it is my responsibility to consult with a physician prior to and regarding my participation in group or private Yoga and Zumba® classes, workshops, retreats and teacher training programs offered by Quite A Stretch Yoga & Zumba® Ltd.

- I represent and warrant that I am physically fit and I have no medical condition(s) that would prevent my full participation in group or private Yoga or Zumba® classes, workshops, retreats and teacher training programs offered by Quite A Stretch Yoga & Zumba® Ltd.
- I will update Quite A Stretch Yoga & Zumba® Ltd. as to any changes in my medical condition(s).
- In consideration for being permitted to participate in group or private Yoga, Zumba® classes, workshops, retreats and teacher training programs, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of my participation. In further consideration, I knowingly, voluntarily and expressly waive any claim I may have against Quite A Stretch Yoga & Zumba® Ltd., its owners, instructors, workshop and retreat presenters, independent contractors, employees, volunteers, and representatives, for any injury or damages that I may sustain as a result of my participation.
- I will not engage in any inappropriate conduct that could result in injury to myself or others.
- I give Quite A Stretch Yoga & Zumba® Ltd. the express permission to take and use photos and videos of my likeness.
- I agree that this agreement shall be governed by the laws of Ontario and if any conflict arises between me and Quite A Stretch Yoga & Zumba® Ltd., I will attempt mediation before submitting my dispute to binding arbitration.
- By signing this waiver, I acknowledge that I have read the above release and waiver of liability and fully understand its contents and voluntarily agree to all of the terms and conditions.

#### Permission to Use Photograph

**Subject:** Yoga, Zumba or Fitness Classes held at Quite A Stretch Yoga & Zumba Ltd, in Hamilton ON.

I grant permission to **Quite a Stretch Yoga & Zumba**, its representatives and employees the right to take photographs of me and my property in connection with the above-identified subject. I authorize Quite A Stretch Yoga & Zumba, its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that **Quite A Stretch Yoga & Zumba** may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web/Social Media content.

**I have read and understand the above:**

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*Name Printed*

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*Signature*

**If the participant is under 18 years of age:**

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*Legal Guardian Name Printed*

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*Signature*

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*Date*

***Thank You for your interest and participation at Quite A Stretch Yoga & Zumba Ltd.***