

## **ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM**

This Agreement releases Sarah Ladybug, LLC, and all of its agents and employees from all liability relating to injuries that may occur during my participation in yoga classes, exercise classes, or any activity conducted by Sarah Ladybug, LLC. By signing this agreement, I agree to hold Sarah Ladybug, LLC entirely free from any liability, including financial responsibilities for injuries incurred, regardless of whether injuries are caused by negligence.

I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate in yoga activities by a qualified medical professional. I certify that there are no health related reasons or problems which preclude my participation in this activity.

In consideration of permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, successors, and assigns as follows:

1. I waive, release, and discharge from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released for my disability, personal injury, property damage, and property theft.
2. I indemnify, hold harmless, and promise not to sue Sarah Ladybug, LLC, or its employees and agents from any and all liabilities or claims made as a result of participation in yoga activities, whether caused by negligence or otherwise.
3. I will make every effort to obey safety precautions as listed in writing and explained to me verbally. I will ask for clarification when needed.

**I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.**

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Parent/Guardian (if under 18 years old)

SARAH LADYBUG, LLC

BY: \_\_\_\_\_