

RELEASE AND WAIVER OF LIABILITY

I understand 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. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, ask for support from the instructor and seek professional medical attention immediately. I will continue to breathe smoothly. I assume full responsibility for any and all injuries and/or damages, which may occur through participation. I remain solely responsible for any and all consequences of my participation in the programs of Wild Soul Yoga Studio, both foreseeable and unforeseeable. I assume all risks thereof and hold WILD SOUL YOGA STUDIO, INC., ELISA PISCITELLI, E-RYT, Soons Orchards and Orchard Hill Cidery harmless from any and all claims arising from my participation in all activities undertaken by me in connection therewith.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By registering for this event and agreeing to these terms during the registration transaction, I affirm that a licensed physician has verified my good health and physical condition to participate in such a recreational fitness program. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, my agreement and willingness to pay to participate verifies that I have my physician's approval enabling me to proceed. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Wild Soul Yoga Studio, Inc., Elisa Piscitelli E-RYT, Soons Orchards and Orchard Hill and staff including props, equipment and facilities.

I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am executing this agreement voluntarily and recognize that my registration and payment are a complete and unconditional release of all liability to the greatest extent allowed by law in the State of New York.