



Informed Consent & Participation Agreement for 2022

I hereby voluntarily give consent to engage in a fitness for yoga assessment or yoga instruction.

I understand at any time I may terminate the assessment or instruction for any reason.

I understand there are certain changes which may occur during the assessment or instruction.

I understand that every effort will be made to minimize problems by preliminary examination and observation during the assessment or during the instruction.

I understand that I am responsible for monitoring my own condition throughout the assessment, and should any unusual symptoms occur, I will cease my participation and inform the assessor of the symptoms. Unusual symptoms include, but are not limited to: chest discomfort, nausea, difficulty in breathing, and joint or muscle pain.

Also, in consideration of being allowed to participate in the assessment or instruction, I agree to assume all risks, and hereby release and hold harmless, Sunseed Yoga & Kripafoundation Iyengar Yoga™ Centre (GTHA), and their agents and employees, from any and all health claims, suits, losses, or causes of action for damages, for injury or death, including claims for negligence, arising out of or related to an assessment or instruction.

I have read the foregoing carefully and I understand its content. Any questions which may have occurred to me concerning this informed consent have been answered to my satisfaction.

Name (Please print):

Signature:

Contact number:

Today's date:

Vaccination proof viewed:

Govt. photo ID viewed

Instructor sign to verify: