

**Release and Waiver
For Yoga Practice at
Mountainview Yoga Studio
440 East 34 ave, Vancouver, BC**

This time of COVID 19 and physical distancing may present inherent risks to yourself and others.

I _____(name of student), release and hold harmless Corinne Skrobot and Mountainview Yoga Studio from any suits, claims, demands and actions arising out of or in consequence of any contraction of COVID 19 symptoms while practicing yoga at Mountainview Yoga studio.

I acknowledge that Corinne Skrobot and Mountainview Yoga Studio bear no liability for contracting illness and symptoms while practicing yoga and study at Mountainview Yoga Studio, 440 East 34 ave., Vancouver, BC.

For the safety of myself and others, I will follow all studio guidelines and protocols.

I will wear a mask, sanitize hands, avoid touching face and use props to a minimum.

I will bring my own mat and bath towel to class and return ones own belongings home at the end of each class.

I have carefully read and understand this document. I understand that signing this document may affect my legal rights including the right to sue.

Dated at Vancouver, BC Month _____ Day _____ Year _____

Print name: _____

Signature: _____

Telephone: _____ Email: _____

