

**Agreement of Release and Waiver of Liability (The Mindful Child Workshop)**

Child's Name \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date (Month/Day): \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address/City/State/Zip: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Emergency Contact (name/phone): \_\_\_\_\_

Please speak with your yoga teacher before class if you have any concerns, or if your child has any injuries, illnesses, or conditions that may be relevant to their yoga practice. Does your child have any physical limitations, injuries, illnesses or conditions that could be aggravated by exercise (i.e. back, neck, shoulder, knee, surgeries, etc.) If so, please explain:

\_\_\_\_\_

As parent or legal guardian of \_\_\_\_\_, I, \_\_\_\_\_, hereby agree to the following:

That my daughter is participating in a "Yoga and Mindfulness" Class/Workshop with Rachel Gonzalez, RYT®200, RCYT®, Sama Tree offered at Spiral Path Yoga Center, La Crescenta, CA for The Mindful Child Workshop. I understand that Rachel Gonzalez, RYT®200, RCYT®, Sama Tree, are solely responsible for the content and operation of the classes.

I recognize and understand my child will receive information and instruction about Yoga and Mindfulness. I recognize that yoga may require some physical exertion, which may be strenuous and may cause physical injury, and, I am fully aware of the risks involved. I understand that it is my responsibility to consult with a physician, prior to, and regarding participation in the Yoga Class. I represent and warrant that my child is physically fit and have no medical condition which would prevent full participation in the Yoga Class. In consideration of being permitted to participate in this class, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which might incur as a result of participating in the class/workshop/program. In further consideration of being permitted to participate in this class, I knowingly, voluntarily, and expressly waive any claim I may have against Rachel Gonzalez, RYT®200, RCYT®, Sama Tree and Spiral Path Yoga Center, for any injury or damages that may be sustained as a result of participating in this class. I, my heirs, or legal representatives forever release, waive, discharge and covenant negligence or other acts. I have read the above release and waiver of liability and fully understand its contents and I voluntarily agree to the terms and conditions stated above. I agree that Rachel Gonzalez RYT® 200, RCYT®, Sama Tree is in no way responsible for the safekeeping of my/my child's personal belongings while I am on the premises, or if I leave a personal item behind.

I agree to keep my yoga teachers apprised of any changes in my health that may be relevant to my yoga practice and safety in class, understanding that the teacher will hold this information as confidential. Yoga, Yoga Therapy and Mindfulness-Meditation are not substitutes for medical or psychological care, examination, diagnosis, or treatment. Yoga and meditation may not be recommended or safe under certain medical or psychological conditions. I affirm that I alone am responsible to decide to practice yoga, mindfulness and meditation. I hereby agree to irrevocably release and waive any claims that I, my family members, heirs, or legal representatives, may have now or hereafter have against Rachel Gonzalez, (Rachel Gonzalez, RYT®200, RCYT®, dba Sama Tree) its owners, members, employees, and contractors. I release, waive, discharge and covenant not to sue or exercise legal right to seek damages from Rachel Gonzalez, (Rachel Gonzalez, RYT®200, RCYT®, dba Sama Tree) for any injury or undesirable consequence of yoga, mindfulness and meditation practice, whether due to accident, negligence, or other cause. I understand that this agreement is intended to be as broad and inclusive as is permitted by the laws of the State of California and that if any portion of the Agreement is held invalid, it is agreed that the balance shall continue in full legal force and effect.

Rachel Gonzalez, RYT®200, RCYT®, Sama Tree respects the private nature of your personal information. By using [www.samatree.com](http://www.samatree.com), or providing your information in person, you indicate your agreement to Rachel Gonzalez, RYT®200, RCYT®, Sama Tree's privacy policies. We will not share any personal or contact information collected.

Parent, or Legal Guardian Name (print): \_\_\_\_\_

I am the parent or legal guardian of \_\_\_\_\_, a minor, and on the minor's behalf, and on my own behalf, and on the behalf of all other parents or guardians of the minor, I accept the release and waiver of liability on this form and allow my child, or this minor to participate in the Yoga & Mindfulness/Meditation Classes, Programs, and Workshops offered by Rachel Gonzalez, RYT®200, RCYT®, Sama Tree. I represent that I have authority to give this release.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date