

I am participating in Health, Wellness and Fitness Programs offered by Zoga Wellness, LLC dba Ouray Yoga, dba Studio Ouray, during which I will receive information and instruction about yoga, pilates, fitness & health. I recognize that these programs require physical exertion, which may be strenuous & may cause physical injury. I am fully aware of the risks and hazards involved. I understand it is my responsibility to consult with a physician prior to and regarding my participation in any Zoga Wellness, LLC program to include all Better Body Movement experiences. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Zoga Wellness, LLC programs. 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 Zoga Wellness, LLC programs. I knowingly, voluntarily and expressly waive any claim I may have against Zoga Wellness, LLC dba Ouray Yoga, dba Studio Ouray for injury or damages that I may sustain as a result of participating in the program. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Zoga Wellness, LLC nor any of its instructors for any injury or death caused by their negligence or other acts. Affirmed by my online affirmation as read.