

# Missoula Family YMCA

## Yoga at the Library Waiver

I, \_\_\_\_\_ HEREBY AGREE TO THE FOLLOWING:

I am aware that participation in a sport such as Yoga may result in accident or injury, and I assume the risk connected with participation in Yoga. I represent that I am in good health and suffer from no physical impairment which would limit my ability to practice Yoga. I acknowledge that the Missoula Family YMCA and its instructors will not render any medical service including medical diagnosis of my physical condition.

I specifically agree that the Missoula Family YMCA and its instructors shall not be liable for any claim, demand, and cause of action of any kind resulting from my participation in the sport of Yoga. I agree to hold the Missoula Family YMCA and its instructors harmless from the same.

I have read the above release and waiver the liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

---

Signature of participant

Date



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY