

IN CONSIDERATION of being allowed to participate in any way in **HAMSA YOGI LLC** programs, related events and activities, the undersigned acknowledges, appreciates and willingly agrees that:

1. I acknowledge, agree and represent that I understand the nature of **HAMSA YOGI LLC** and that I am qualified both mentally and physically, in good health and in proper physical condition to participate in such activities (the "Activity" or "Activities").
2. I understand that participation in Activities with or at **HAMSA YOGI LLC** can involve the risk and danger of serious bodily injury including, but not limited to, temporary disability, permanent disability, serious injury, paralysis, death and/or severe social and/or economic losses (each a "Risk" or collectively the "Risks").
3. I understand that **HAMSA YOGI LLC** is not aware of any preexisting medical condition I may have or have had, and I take personal responsibility to modify my activities in accordance with my physical constraints.
4. I understand that the Risk and other dangers may be caused by my own actions, or inactions, the actions of inactions of others participating in the Activities, the conditions in which the Activities take place, the equipment used for such Activity or the negligence of the Undersigned.
5. I understand that there may be other risks and physical, social or economic losses either known or unknown to me or readily foreseeable now.
6. I agree and warrant that I will examine each Activity in which I take part as a member of or a participant in HAMSA YOGI LLC, and further that I will observe any condition which I consider to be hazardous or dangerous, I will notify the proper authority in charge of the Activity and refuse to take part in the Activity until the condition has been corrected to my satisfaction.
7. In the event an Activity is beyond my physical or mental abilities, I hereby agree to remove myself from participation until such time as I am mentally or physically able to participate.
8. I will comply with the stated and customary terms and conditions for participation.
9. I knowingly and freely assume all such risk, both *known and unknown*, even those arising from the negligent acts or omissions of others, and assume full responsibility for my participation.
10. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, hold harmless, HAMSA YOGI LLC, its administrators, shareholders, directors, agents, volunteers, organizers, sponsors, officers, officials, employees, affiliated clubs, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (all of which are hereinafter referred to as "Releasees") with respect to all and any injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the Releasees or otherwise, to the fullest extent permitted by law and any and all liability, claims, demands, losses or damages, either at law or in equity.
11. I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, increase in insurance premiums or payments, or cost that may incur as a result of any claim in which I participate.
12. I do hereby give HAMSA YOGI LLC, its assigns, licensees, and legal representatives the irrevocable right to use my name, picture, portrait, videotaped image or photograph in all forms and media and in all manners, including composite, for advertising, for publication or any other lawful purposes, and I waive any right to inspect or approve the finished product, including written copy, which may be created in connection therewith,
13. I fully accept and assume all Risks and all responsibilities for any losses, costs and/or damages I incur or **HAMSA YOGI LLC** incurs as a result of my participation in the Activities.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWABLE BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed Name of Participant: _____ Date: _____

Email: _____ Phone: _____

Emergency Contact: _____ Emergency Contact's Phone: _____

How did you hear about us? _____

Signature (Parent/Guardian's signature if under 18): _____