



Unbreakable Yoga, LLC

Agreement of Release & Waiver of Liability

1. Assumption of Risk

I, the undersigned, understand that yoga involves physical movement, breath work, hands-on assists, and relaxation techniques. As with any physical activity, I recognize that the risk of injury, even serious or disabling, is always present and cannot be eliminated.

I acknowledge that it is my responsibility to consult with a physician prior to beginning yoga, energy work, Thai yoga massage, or any other related activity offered by Unbreakable Yoga, LLC. I affirm that I am in good physical condition and do not suffer from any condition that would prevent my participation.

2. Release of Liability

In consideration of participating in yoga sessions, private instruction, workshops, or related services with Unbreakable Yoga, LLC, I knowingly, voluntarily, and expressly waive any claim I may have against Stephanie J. Peterson, independent contractors, and Unbreakable Yoga, LLC for injuries or damages that I may sustain as a result of participation.

I release and discharge Unbreakable Yoga, LLC from any and all liability, claims, demands, or actions related to loss, injury (including death), or damages of any kind, except in cases of proven gross negligence or unlawful conduct.

3. Responsibility of the Student

I accept full responsibility for my physical, mental, and emotional well-being during sessions. I agree to listen to my body, honor my limitations, and communicate any discomfort, injury, or medical concern to my instructor.

4. Cancellation & Payment Policy

- A 24-hour cancellation notice is required to reschedule or cancel a private session.
- Cancellations made less than 24 hours in advance will be charged the full session fee.
- Packages and class fees are non-refundable, but may be transferred at the discretion of Unbreakable Yoga, LLC.

5. Acknowledgment & Signature

I have read and fully understand this waiver. I voluntarily agree to the terms and acknowledge that I am waiving certain legal rights, including the right to sue.

Participant Name (Print): _____

Signature: _____

Date: _____