

*By signing below or checking your acceptance, you are acknowledging that you have read and understood the following Disclaimer and Release, and that you agree to the terms contained therein:*

### **Disclaimer for Attending Yoga-Pranayam Classes/Seminars**

The Yoga-Pranayam classes/seminars are run by a voluntary organization called **Patanjali Yog Samiti** (a Yog teaching body of Patanjali Yogpeeth Trust, Haridwar, India, in association with Patanjali Yogpeeth trust USA, Inc.), who are hereby referred to as the Organizers & Instructors ("the O&I"). The O&I, which expression shall include all related entities (employees, agents, affiliates, and volunteers associated with them), expressly state that, in general, Yoga-Pranayam is safe and beneficial, but like any other health and physical exercise program it needs to be practiced judiciously, correctly and cautiously.

No citing by the O&I at the Yoga-Pranayam classes to any health-related/medical/other information is intended to be a substitute for the professional judgment of a qualified health care provider. The O&I are not subject or liable to change the structure of the Yoga-Pranayam classes to suit individual needs. Not all presentations at the Yoga-Pranayam classes may be suitable for everyone. If pain is experienced anytime during the practice of Yoga-Pranayam, it should be stopped immediately and a qualified health care professional should be consulted.

The O&I assume no responsibility and will not be liable for any harm, injury, damage known or unknown or otherwise, that may result from any tort, negligence or from a breach of an express or implied warranty, however caused or occurring during or after participation in the Yoga-Pranayam classes or while practicing anything presented therein.

By participating in the Yoga-Pranayam classes, the participant or the guardian who is responsible by law for the participant, hereby expressly and willingly assumes all risks, full responsibility and liability for participating and practicing anything presented therein and forever waives and releases and agrees to defend, indemnify and hold the O&I harmless from and against any and all injuries (including death), damages and any other claims or demands, liabilities and settlements (including without limitation, legal and accounting fees) on or against the O&I for losses or damages, including, without limitation, direct, indirect, incidental, consequential, or special damages, personal injury/wrongful death, resulting from or alleged to result from participating in or practicing anything that is presented in the Yoga-Pranayam classes. By signing this disclaimer, I, my heirs, or legal representatives, forever release, waive, discharge and covenant not to sue the O&I for any injury or death caused by their negligence or other acts.

Moreover, the O&I, at their sole discretion, reserve the right to deny participation at

any time of the Yoga-Pranayam classes to any entity without assigning any reason whatsoever.

**Rules for Participating in Yoga-Pranayam Classes and Seminars**

1. I understand that it is my responsibility to consult and obtain consent from a physician prior to and regarding my participation in the Yoga-Pranayam classes, Health Programs, or Workshops/Retreats/Camps. It is my responsibility to inform the O&I and my physician of any changes in medical status.
2. Suitable clothing is advised (e.g., loose gym wear/jogging attire/Punjabi suit).
3. Participants will bring their own Yoga mats/bed sheets, towels, tissues, and water (if required) to each class.
4. We do recommend that participants maintain a regular medical check up to see for themselves how Yoga-Pranayam may be affecting their health within the medical parameters of concern (if any) or of those being monitored.
5. Participants are advised to come on an empty stomach for maximum results. (No food 4-5 hours before the Yoga-Pranayam session.)

The O&I highly recommends to every participant to consult and obtain independent medical advice from their health care professional before executing the aforesaid disclaimer and become aware of any effect that may be applicable in light of your medical history or concerns.

**I acknowledge that I am participating in the Yoga-Pranayam sessions on a voluntary basis. I have read, understand in its entirety, and voluntarily agree to the terms and conditions of the release and waiver of liability as well as the rules for participating in Yoga-Pranayam classes as described above.**

---

Signature/Printed Name

Date

---

Email Address/Mailing Address