



# YOGA RELEASE

## PERSONAL INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Injuries (if any) \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

## DISCLAIMER

I acknowledge that it is my duty to exercise ordinary care for the protection of myself while under the instruction of O2Living. I assume the risk of physical activity in my own physical condition. I have either received advice from my doctor that I am capable of physical exercise such as those provided with O2Living, or I will assume the risk of exercising without a doctor's exam or advice. I take complete responsibility from my presence while under the instruction of O2Living and will not hold O2Living, Cross River Wellness, teachers, agents or representatives responsible for any injuries that may occur as a result of my participation.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

YELLOW MONKEY VILLAGE | 792 ROUTE 35 | CROSS RIVER, NY 10518 | 914.763.6320 | INFO@DRINKLIVINGJUICE.COM

DRINKLIVINGJUICE.COM    @DRINKLIVINGJUICE



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