

## *Holly Blazina's Bite-Sized Lifestyle*

This document affects your legal rights. You must read and understand it before signing up.

"I understand that I have enrolled in a program which may include but is not limited to weekly email content with lifestyle suggestions, Ayurvedic lifestyle consultations, various Yoga and meditation exercises, strenuous physical activity and online courses offered by Holly Blazina. I hereby affirm that I am in good physical condition and do not suffer any disability that would prevent or limit my participation in this exercise and lifestyle program. I also understand that it is my responsibility to consult with a physician prior to and regarding my participation in any and all yoga classes, workshops and health programs.

In consideration of my participation in these programs.

I, for myself, my heirs and assigns, hereby release Holly Blazina and all substitute teachers from any claim, demands and causes of action arising from my participation in this program.

I fully understand that yoga is an activity that involves inherent risk of personal injury or accident. I hereby release Holly Blazina and all substitute yoga teachers from liability now or in the future of any illness, soreness or injury however caused, occurring during or after my participation in the program.

I hereby affirm that I have read and fully understood the above."

Client Signature \_\_\_\_\_

Date \_\_\_\_\_