

THREE SEASONS AYURVEDA



RELEASE AGREEMENT AND WAIVER OF LIABILITY

By participating in online Yoga with Jeff Perlman at Three Seasons Ayurveda, you acknowledge and agree to the following statements:

1. I am voluntarily participating in Yoga and recognize that Yoga requires physical exertion that may be strenuous and may cause bodily injury, and I am fully aware of the risks and hazards involved.
2. Although Jeff Perlman is a Certified Yoga Therapist, I understand that it is my responsibility to consult with a physician if needed before I participate in Yoga, and my participation does not constitute or replace the advice or treatment of a medical professional.
3. It is the responsibility of the student to communicate any medical conditions or concerns about my health with Jeff Perlman before class, and my participation is at my own risk.
4. I accept unconditionally full responsibility for all inherent risks, injuries, or damages, known or unknown, which I may incur due to my participation in such yoga classes.
5. I knowingly waive any claim I may have against Jeff Perlman and Three Seasons Ayurveda due to any injury that I may sustain due to participation in the program.
6. I, my heirs, or legal representatives forever release, waive, discharge, and covenant not to sue Jeff Perlman and Three Seasons Ayurveda for any injury or death caused by their negligence or other acts.

By participating in the online Yoga Instruction provided by Jeff Perlman and Three Seasons Ayurveda, you acknowledge you have read, fully understand, and agree to the above release and waiver of liability terms and conditions.



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage-Marma Therapist, Registered Clinical Herbalist, Certified Iyengar Yoga instructor, Certified IAYT-AyurYoga Therapist and Cordon Bleu Chef ~ www.threesesonsayurveda.com ~ 310-339-8639 ~ jeff@tsayurveda.com