



Waiver and Release

While Yoga is generally considered a safe activity, there is risk in any physical practice. You are voluntarily participating in online, and/or in-person, and/or on-demand workshops/classes offered by Krista Power/kpoweryoga. You hereby waive and release Krista Power/kpoweryoga from any liability or claims from your voluntary participation in these activities. You acknowledge that injuries or even death may occur as a result of any physical activity, and you assume all risks therein. You hereby release Krista Power/kpoweryoga from any liability, now or in the future, for any adverse event that may indirectly or directly result from your participation in these activities. You understand that this waiver and release is binding on you, your spouse, heirs, executors, administrators, and personal representatives. You acknowledge that you have read this waiver and understand that it is a release of liability. You agree to give up any rights to bring legal action against Krista Power/kpoweryoga for personal injury or loss as a result of your participation in online, and/or in-person, and/or on-demand workshops/classes offered by Krista Power/kpoweryoga.

www.kpoweryoga.ca

kpoweryoga@shaw.ca