



## Contact Details

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First and Last Name \_\_\_\_\_

Phone \_\_\_\_\_

Birthday (day and month only), optional \_\_\_\_\_

Email \_\_\_\_\_

☐ I want to subscribe to DessiYoga News, Offers and Events.

Next of kin / Emergency Contact Name \_\_\_\_\_

Next of kin / Emergency Contact Phone \_\_\_\_\_

## Privacy Policy

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- We collect and securely hold personal information to better understand your needs, ensure your safety and provide you with the best possible service. For full privacy policy visit: <https://www.dessiyoga.com/privacy-policy>

## Waiver and Release of Liability

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Dessislava Mladenova (DessiYoga) ABN: 11 739 338 849 ('Provider' / 'We' / 'Our' / 'Us'), PO Box 2090 New Farm Brisbane QLD 4005

It is important in yoga that you listen to your body and respect its limits on any given day. No yoga pose (asana) or movement should be performed with the sole intention of attaining a particular shape or copying the shape of the instructor or other students. You may rest at any time during the session.

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension but as is the case with any physical activity, the risk of injury, even serious, disabling, or death, is always present and cannot be entirely eliminated.

If at any time I feel unsure or unclear about any instruction, or I experience any pain, discomfort or tension, I will listen to my body, discontinue the activity, and ask for support from the instructor. I will continue to breathe smoothly.

I understand and acknowledge the inherent risks involved in participating in outdoor yoga classes and events, including but not limited to the possibility of injury, scratches, or insect bites and my decision to participate is at my own risk.

On behalf of myself, my heirs, assigns, administrators, executors, and next of kin, I assume any risks, take full responsibility and HEREBY WAIVE AND RELEASE, indemnify, hold harmless, and forever discharge Dessislava Mladenova (DessiYoga), along with its agents, employees, officers, directors, affiliates, successors and assigns, coaches, teachers, and trustees, from any and all claims, demands, debts, contracts, expenses, causes of action, lawsuits, claims of damage and personal injury (including death), loss of personal property, and liabilities of every kind, whether known or unknown, in law or equity, arising from my use of or participation in any activities and services provided by DessiYoga.

This encompasses the use of the facility and its equipment in any manner, form, or fashion, as well as participating in physical training, yoga, strength, mobility, and cardiovascular exercise indoors or outdoors, including the use of fitness equipment indoors or outdoors, and engaging in events or other related activities on and off the premises, of, or the benefit of Dessislava Mladenova (DessiYoga), including claims in tort, contract, equity, or otherwise, with the exception of acts of gross negligence or intentional, wilful, or wanton misconduct.

I understand that Yoga is not a substitute for medical attention, examination, diagnosis or treatment and yoga is not recommended or safe under certain medical conditions. By signing, I affirm that to my knowledge there is no reason I should not participate in the activities and a licensed physician has verified I am in good health and physical condition to participate, if required. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate.

I affirm that I alone am responsible to decide whether to participate or complete any of the activities, and am under no obligation to do so. If I choose to participate it is at my own risk.

If any portion of this WAIVER AND RELEASE OF LIABILITY shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

The provisions of this WAIVER AND RELEASE OF LIABILITY contain the entire agreement between parties, and supersedes and prior written or oral agreements between them concerning the subject matter of this WAIVER AND RELEASE OF LIABILITY. These provisions may be waived, altered, amended or repealed, in whole or in part, only upon the prior written consent of all parties and will continue in full force and effect even after the termination of the activities conducted by, on the premises of, or for the benefit of Dessislava Mladenova (DessiYoga), whether by agreement, by operation of law, or otherwise.

I have carefully read, fully understand and agree to the above terms of this WAIVER AND RELEASE OF LIABILITY and confirm that by voluntarily signing below I have given up considerable future legal rights and that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law and that it cannot be changed orally.

Those under 18 years of age must have this form signed by a parent or guardian.

Date        /        /	Date        /        /
Signature of client	Signature of guardian (if client under 18yrs)
Name of client	Name of guardian