

Vie Universoul Wellness

Yoga & Infrared Sauna Activity Waiver & Release

This Activity Waiver & Release dated 24/04/2024

Between:

Carly Takeda
(the "Participant")

AND

Vie Universoul Wellness of 311 – 3332 20th St SW, Calgary, AB, T2R 0X4

(the "Activity Provider")

In consideration of this Waiver & Release, the parties agree as follows:

I, the Participant, understand that yoga or the infrared sauna is not a substitute for medical attention, examination, diagnosis, or treatment. I should consult a physician prior to beginning any activity program, including yoga. I recognize that it is my responsibility to notify my teacher or a staff member at Vie Universoul Wellness, of any serious illness or injury before a yoga class or sauna session. I will not perform any postures to the extent of strain or pain, or use the infrared saunas if I feel strain or pain.

If at any time during the yoga class or infrared sauna session, you feel discomfort or strain, gently come out of the posture or end your sauna session. You may rest at any time during the yoga class. It is important in a yoga class or infrared sauna that you listen to your body, and respect its limits on any given day.

I accept that neither the instructor, nor the hosting facility, is liable for any injury, or damages, to person or property, resulting from the taking of the class or usage of the infrared saunas.

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

Emergency Contact:

Stephanie Takeda
4033082822

Clear
Save Signature

Audit Log