INDEMNITY AGREEMENT BETWEEN
JOY YOGA CENTRE
AND...

Name and surname _____

Physical Address _____

Postal Address (if different) _____

Cell number _____

E-mail _____

ID Number | | | | | | | | | | | | | |

Emergency contact person & cell number _____

Previous yoga or meditation experience _____

Injuries & Operations _____

Physical limitations e.g. lower back, knee, neck, etc. _____

Physical conditions e.g. high blood pressure, epileptic, pregnant, prone to seizures, etc. _____

How did you find out about Joy Yoga Centre?

- ☐ Google
- ☐ Facebook
- ☐ Word of mouth
- ☐ Other _____

Why are you interested in Yoga / dance / meditation?

- ☐ Relaxation
- ☐ Health benefits
- ☐ Physical exercise
- ☐ Spiritual Practice
- ☐ Other _____

Terms And Conditions of Indemnity Agreement: (should be read and signed by all)

I, the undersigned, do hereby recognise and agree, notwithstanding the disclosures above that I will use my personal judgement to ensure that I do not unduly strain my body or cause personal injury. I agree and acknowledge that by signing this form I indemnify and hold harmless Joy Yoga Centre, its staff, teachers and members for any injury sustained in any manner whatsoever. I further acknowledge that I enter the property and the premises where the classes are given at my own risk and do no hold Joy Yoga Centre or its members or the landlord responsible for any loss or damage to myself or my property that may occur in any way. If I continue with yoga / dance / meditation practice at Joy Yoga Centre after the initial 7 day trail period, I also acknowledge that this agreement will be valid and stay in force indefinitely.

Signed at _____ **on the** _____ **day of** _____ **2023**

_____
Signature

_____
Signature (for Joy Yoga Centre)