

**ZUMBA, YOGA, PILATES, LATINVA, THERAPEUTIC PILATES, LINE DANCING, TAI QI TEACHER AND
LITTLE SISTERS OF THE POOR LIABILITY**

STUDENT WAIVER AGREEMENT

I _____ (print name) understand that Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. Participation in Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi class includes, but is not limited to, participation in meditation techniques, yogic breathing techniques, and performing various Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi postures. Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi postures, or asanas, are designed to exercise every part of the body—stretching and toning the muscles and joints, the spine and the entire skeletal system. They also work on the internal organs, glands and nerves. Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi incorporates sustained stretching to strengthen muscles and increase flexibility. Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi is an individual experience. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. My signature acknowledges I understand that in Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi class I will progress at my own pace. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. If at any point I feel overexertion or fatigue, I will respect my body's limitations and I will rest before continuing Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi practice. Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi is not a substitute for medical attention, examination, diagnosis or treatment. Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi . I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against TEACHER. By signing my name below, I acknowledge that participation in Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi classes exposes me to a possible risk of personal injury. I am fully aware of this risk and hereby release TEACHER AND LITTLE SISTERS OF THE POOR from any and all liability, negligence or other claims arising from or in any way connected with my participation in Zumba, Yoga, Pilates, Latinva, Therapeutic palates, Line Dancing, Tai Qi class. My signature further acknowledges that I shall not now or at any time in the future bring any legal action against TEACHER; and that this waiver is binding on me, my heirs, my spouse, my children, my legal representatives, my successors and my assigns. My signature verifies that I am physically fit to participate in Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi classes and a licensed medical doctor has verified my physical condition for participation in this type of class. If I am pregnant or become pregnant or am post-natal, my signature verifies that I am participating in Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi classes with my doctor's full approval. I realize that I am participating in Zumba, Yoga, Pilates, Latinva, Therapeutic Pilates, Line Dancing, Tai Qi classes at my own risk. My signature is binding to this liability waiver from this day forth.

_____ Signature of student, parent or guardian

_____ Date