



Multi-Dimensional Healing

Najah A. Salaam, L.Ac., Yoga Instructor and Feng Shui Consultant

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Yoga Instruction Consent Form

I, (please print) _____, hereby agree to the following:

1. That I am participating in the yoga classes, health programs, workshops or services offered by Najah Abdus-Salaam, of Multi-Dimensional Healing, during which I will receive information and instruction or other services offered pertaining to yoga and health. I recognize that yoga requires physical exertion which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in yoga classes, health programs, workshops or services. I represent and warrant that I am physically fit and I have no medical conditions which would prevent my full participation in the yoga classes, health programs, workshops or services.
3. In consideration of being permitted to participate or receiving services, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program or receiving any services.
4. In further consideration of being permitted to participate in yoga classes, I knowingly, voluntarily and expressly waive any claim I may have against Better Bodies Yoga studio for injury or damages that I may sustain as a result of participating in the program or from receiving any services.
5. I, and my heirs or legal representatives, forever release, waive, discharge and covenant not to sue Najah Abdus-Salaam, of Multi-Dimensional Healing, or any company within, for injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to terms and conditions listed above.

Date _____ Signature of Participant _____

Witnessed by: (Guardian's signature if under 18)