



Find Your Light Wellness (Pty) Ltd. Loss, Liability, Copy and Release Waiver Agreement

By participating in a Yoga class, coaching session, course, workshop or event (live/online/on-Demand video) you agree that you are voluntarily participating in these activities, assume all risk of injury to yourself and agree to forever hold harmless, release and discharge Find Your Light (Pty) Ltd. from any and all claims or causes of action, known or unknown, arising out of your use of these services and materials.

Like any exercise, please consult your health care professional with any questions or concerns before starting any exercise program.

When participating in any exercise or exercise program, there is the possibility of physical injury.

Find Your Light (Pty) Ltd. assumes no responsibility for injuries suffered while practicing these techniques and classes.

Find Your Light (Pty) Ltd. is to be notified of pregnancy, medical conditions or injuries that might require adjustment/modification of poses.

Yoga is not a substitute for medical attention, diagnosis or treatment.

Participation in any online yoga class is at the participants own risk.

All class content, resources and material of Find Your light (Pty) Ltd. may not be duplicated, copied or shared without authorised permission.

I indicate by my signature below that I have read this entire release and waiver document and acknowledge that I understand and agree to be bound by it's terms and conditions.

Date

Name

Signature