



I hereby agree to the following:

1. I am participating in classes or services during which I will receive information and instruction about 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 any physical fitness program, including yoga. I represent and warrant that I have no medical condition that would prevent my participation in physical fitness activities.
3. In consideration of being permitted to participate in the yoga classes, I agree to assume full responsibility for any risks, injuries or damages, known and unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in the yoga classes, I knowingly, voluntarily, and expressly waive any claim I may have against the instructor, the owner, or the leaseholder of the building (as applicable) for injuries or damages that I may sustain as a result of participating in classes or workshops held through Fytte.
5. That if I participate in other classes or events through Fytte (such as dance, personal training, martial arts. Etc.) that I will also assume full responsibility for any injuries that may result from my participation, with the same considerations that this waiver stipulates for yoga (items 1-4 above).
6. I understand that if I experience any discomfort during a session, it is my responsibility to immediately tell the Fytte Instructor and pause or discontinue the session.

I hereby **WAIVE AND RELEASE** Fytte Inc, its owners, officers, employees, and instructors from any claim, demand, cause of action of any kind resulting from or related to my participation in the programs offered through Fytte. In taking part in the yoga classes, workshops, or other activities through Fytte, I understand and acknowledge that I am fully responsible for any and all risks, injuries, or damages, known or unknown, which might occur as a result of my participation in the classes, workshops, or other activities.

I have read the above release and waiver of liability and fully understand its content. I understand that by using Fytte to create an account to hold a session, as either a Fytte member or single session user I agree to the terms and conditions stated above. I am legally competent to sign up and voluntarily agree to the terms and conditions stated above.