

Release of Responsibility for Participation in Prenatal Yoga & Dance Class.

I agree, by signing this form, to release and hold harmless my fitness instructor – DBA Zoe Weston, from any and all injuries, damage or illness, which may occur to myself or my unborn child due to participation in a prenatal yoga & dance class. I agree that it is my sole responsibility to protect myself from illness and injury. I attest, by signing this release that I am known to be in good health and not demonstrating signs or symptoms of pregnancy complications, illness or conditions for which exercise, yoga classes or dance activities may prove dangerous or inadvisable.

I agree to inform the instructor promptly if I experience any pain, discomfort, or unusual symptoms while participating in exercise activity and to follow the instructor’s recommendations/directions designed to decrease the risk of injuries.

Student Print _____

Student Sign _____

Instructor DBA Zoe Weston _____

Date _____