
LEGAL NAME – PRINT CLEARLY

SPIRITUAL / OTHER NAME USED

LIABILITY WAIVER
Filed with *The Elevation Institute*
Sevak S Khalsa, KRI-CYT

I, _____, by signing this agreement, state that I understand the risks inherent in practicing yoga, meditation and activities incidental to these practices, and waive any claim or right of action against The Elevation Institute, Sevak S Khalsa, 3HO Arizona/International; Urban Yoga, other hosts, facilities or grounds where classes and programs are held; officers, shareholders, employees, and agents of these entities for loss, expenses, liabilities, damages, or legal fees incurred due to any loss or injury to myself or my property in connection with and/or as a result of attendance at classes in which I participate.

Signature: _____ **Date:** _____

The information contained in these classes comes from ancient yogic tradition. Nothing in these classes should be construed as medical advice. Any recipes mentioned herein may contain potent herbs, botanicals and naturally occurring ingredients which have traditionally been used to support the structure and function of the human body. Always check with your personal physician or licensed health care practitioner before making any significant modification in your diet or lifestyle, to insure that the ingredients or lifestyle changes are appropriate for your personal health condition and consistent with any medication you may be taking.