

Costa Yoga Liability Waiver & Release

Welcome to Costa Yoga! We're so glad you're here. Before practicing with us, please review and sign this waiver. By signing, you acknowledge the following:

1. Acknowledgment of Risk

I understand that participation in classes, workshops, and activities at Costa Yoga involves physical activity in a heated environment (up to approximately 105°F). I recognize the potential risks, which may include (but are not limited to) dizziness, dehydration, fainting, muscle strain, injury, or in rare cases more serious health complications. I also understand that hot yoga may not be suitable if I am pregnant or have certain health conditions, including but not limited to cardiovascular issues, respiratory conditions, or heat sensitivity.

2. Voluntary Participation

I voluntarily choose to participate in classes, workshops, and activities at Costa Yoga. I accept and assume full responsibility for any risks, injuries, or damages that I may experience as a result of my participation.

3. Release of Liability

In consideration of being allowed to participate, I hereby release, waive, and discharge Costa Yoga, its owners, instructors, staff, landlords, affiliates, and representatives from any and all claims, demands, causes of action, damages, costs, or liability arising out of or related to my participation in studio activities.

4. Studio Etiquette & Personal Property

I agree to follow all studio policies and etiquette, including respecting class start times, using equipment responsibly, and maintaining a safe environment for all participants. I understand that the studio is heated, and personal items (including phones and electronics) are brought at my own risk. Costa Yoga is not responsible for damage, loss, or theft of personal belongings.

5. Consent to Media

I consent to the use of photographs or video taken in class or at Costa Yoga events for promotional purposes (website, social media, print). If I prefer not to be photographed, I will notify staff prior to class.

6. Binding Agreement

I certify that I have read this waiver in full, understand its contents, and agree to its terms. This release shall be binding upon me, my heirs, and legal representatives.