

# **Waiver for Participation in K-State Noontime Yoga**

Updated: June 6, 2017

K-State Noontime Yoga urges all participants to obtain clearance from a doctor before participating in any exercise class, including yoga. All physical activity, including yoga, use of equipment or exercise, shall be at the participant's sole risk. By signing in, 1) the participant understands that the agreement to participate in programs offered by Noontime Yoga shall be at the participant's sole responsibility; 2) the university, class facilitators, or sponsors of K-State Noontime Yoga shall not be liable to the participant for any claims, demands, injury, damages or actions arising due to injury to participant's person or property arising out of or in connection with the use by participant of the services, facilities, and the premises of Noontime Yoga or Kansas State University. Participant hereby holds Kansas State University, Noontime Yoga, and sponsors, including their officers, owners, agents, and employees harmless from claims, which may be brought against them by participant or on a participant's behalf for any such injuries or claims.