



Waiver and Release of Liability

(to be signed by each student as a condition of participation in the relevant activity)

By signing this Waiver and Release of Liability, the student represents and warrants to Robin Appel and Always-At-Aum that (a) he/she is physically fit and has no medical conditions, known or unknown, which would or could (i) prevent full participation in the intended Always-At-Aum activity or (ii) present any risk of injury, known or unknown, and (b) he/she has consulted with his/her physician regarding the intended activity and received such physician's approval for full participation in such activity.

Further, the student understands and acknowledges that, in general, participation in yoga activity involves substantial physical and mental exertion and related risk of injury. Accordingly, by signing this Waiver and Release of Liability, the student waives any and all claims, of whatsoever kind or nature, against Robin Appel and/or Always-At-Aum, and her and its agents and employees, for damages arising out of injury and/or related loss sustained, or alleged to have been sustained, as a result of the student's participation in the relevant Always-At-Aum activity and/or use of amenities, such as sauna and massage facilities, that may have been available at the hosting studio, regardless of whether or not such injury and/or related loss was caused, or alleged to have been caused, in whole or in part, by the negligence of Robin Appel and/or Always-At-Aum and/or her or its agents and/or employees.

Signature

Date