



Grounded Kids Yoga Participation Release & Liability Waiver

Who Must Sign:

This form applies to ALL participants — including parents/guardians registering minors, and adults registering for training, camps, workshops, or special events with Grounded Kids Yoga. This release covers all in-person and online activities, whether at the Grounded Kids Yoga home studio, schools, yoga studios, or any other venue.

Assumption of Risk & Release of Liability

I (the participant and/or parent/guardian) understand that yoga and movement activities, whether in-person or online, involve physical activity and carry inherent risks, including but not limited to falls, injuries, physical contact, and unpredictable factors in shared spaces.

- I voluntarily choose to participate (or allow my child to participate) in programs, trainings, camps, workshops, or events offered by Grounded Kids Yoga LLC (“GKY”).
 - I certify that I (or my child) am in proper physical condition and have consulted with a medical professional regarding any health concerns.
 - I accept full responsibility for any injuries or damages sustained during participation, and I agree to hold harmless and indemnify Grounded Kids Yoga LLC, its owners, instructors, staff, volunteers, independent contractors, and any host venue (schools, studios, homes, or online platforms).
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Medical Emergencies & Consent to Treatment

- In the event of an accident, illness, or injury, I authorize Grounded Kids Yoga staff and representatives to obtain emergency medical treatment for myself (or my child) as deemed necessary.
 - I understand that I am responsible for any medical costs incurred as a result of such treatment.
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Use of Photos, Video, and Testimonials

- I grant permission for GKY to use photographs, video, or testimonials of me (or my child) taken during any class, training, camp, or event for lawful marketing and educational purposes.
 - I understand I may opt out in writing by notifying GKY prior to participation.
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Behavioral Expectations & Removal Policy

- I understand that respectful, safe behavior is expected at all times. GKY reserves the right to remove any participant whose behavior poses a risk or disruption, with no refund.
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Online & Remote Learning Consent

- I understand that online classes, workshops, or trainings may use platforms such as Zoom, Google Meet, or other video conferencing software.
 - I accept the risks of virtual participation, including technical issues, data privacy, and the possibility of being recorded for review or training purposes.
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Release & Indemnification

By registering or attending a Grounded Kids Yoga program, I acknowledge that I have read, understand, and voluntarily agree to all terms of this release.

I agree to indemnify and hold harmless Grounded Kids Yoga LLC, its instructors, agents, and venue partners from any claims arising from participation.

Parent/Guardian Name (if participant is under 18): _____

Participant Name: _____

Date: _____