

**Harvard Longwood Campus
Yoga Class Participation
RELEASE OF CLAIMS**

I acknowledge that my participation in the yoga class at the Harvard Longwood Campus is outside the scope and course of my employment and that I am participating at my own risk. I further understand that the yoga class involves various physical exercises, including but not limited to stretching muscles, breathing, and physical posturing. I acknowledge that I am aware of the risk of physical injury inherent in such exercises and that I may suffer physical injury as a result of doing such exercises in the class or elsewhere. I acknowledge that I am freely and voluntarily choosing to participate in the class and deciding the extent to which I will participate. I agree that it is solely my responsibility to consult with a physician prior to commencing any exercise program, to remain under medical supervision if that is indicated, and to seek medical assistance in the event of any injury.

I hereby release and hold harmless President and Fellows of Harvard College and its officers, employees, agents, and members of its governing boards from and against any present or future claim, loss, or liability for injury to person or property that I may suffer arising from or related to my participation in the class.

Print name: _____

Signature: _____

Date: _____