

Yoga Waiver & Release Form  
Costa Rica 2019

Today's Date	
Name	
Birthdate /Age	
Address	
Email & Phone #	
Emergency Contact & Phone	

<b>Practice and Participation</b>	<p>I understand Ashtanga-Vinyasa Yoga is a physical practice and can be challenging, in addition to being an opportunity for positive transformation. As with any physical practice, the chance for injury, even serious or disabling, is always present and cannot be fully eliminated.</p> <p>I agree to alert my instructor of any pre-existing injuries or physical problems before beginning my practice. If at any point I feel pain or experience an issue, physical or otherwise, I will tell my instructor immediately.</p> <p>In the case of a negative experience, I assume full responsibility for any and all damages, which may incur through participation.</p> <p>Yoga and Ayurveda are not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a physical practice. In addition, I will make the instructor aware of any medical conditions or physical limitations before class. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk.</p> <p>Touch Disclaimer : I understand this form of yoga often involves adjustments from the instructor as a tool to deepen understanding of a pose and physical awareness. If I ever feel uncomfortable, I will alert the instructor as soon as possible.</p> <p>I have read, fully understand, and agree to the above terms of this Liability Waiver Agreement. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against the organizers, instructors, and retreat center. I am signing this agreement voluntarily and recognize that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law in Virginia and Costa Rica.</p> <p>Signature: _____ Date: _____</p>
<b>Transportation and Excursions</b>	<p>I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of using transportation to and from Casa Espavel, as well as any activities done with the group or as an individual while participating in this retreat.</p> <p>I knowingly, voluntarily, and expressly waive any claim I may have against Christopher</p>

	<p>Kresge, Brinson Leigh Kresge, hired drivers, or participants with whom I agree to travel for injury or damages that I may sustain as a result of participating in the retreat and using provided transportation.</p> <p>I fully take responsibility for my own safety. My heirs and legal representatives forever release, waive, discharge and covenant not to sue Brinson Leigh Kresge, Christopher Kresge, Casa Espavel, or other organizers, and participants for any injury or death caused by their negligence or other acts.</p> <p>I have read, fully understand, and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognize that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law in Virginia and Costa Rica.</p> <p>Signature: _____ Date: _____</p> <p>I acknowledge that it is highly advised to obtain travel insurance for any unforeseen cancellations or complications.</p> <p>Signature: _____ Date: _____</p>
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Photo/Video Authorization		
Type of use - Still photographs, videos, and voice recordings • Please initial one column for each category	Accept	Decline
For use in future retreats or educational forums held by Brinson Leigh Kresge or AYR. Displays may be seen by current and prospective participants.		
To share with current participants.		
Posted on organizer's or instructor's website, social media outlets, or other online uses (no identification will be used without permission)		
Used in promotional materials, including print (brochures) and online (website, ads). And/or used in trainings for other yoga related educational forums.		
For any other uses deemed appropriate by Brinson Leigh Kresge.		
Signature:		

<b>Understanding of payment, cancellation, and refund policies</b>	
Deposit	A non-refundable deposit of \$450 is due upon registration
Registration Deadline:	April 23 * If places are still available registration will stay open at a higher participation fee
Full Payment	Full Payment must be received by the registration deadline April 23 * Payments must be made in full for any registration after 4/23
Discounts	There is a \$100 discount for registration by January 23
Cancellation Policy and Refunds	\$500 of the payment is non-refundable under any circumstances
	If we can fill your spot, the remaining portion of the full payment may be refundable up until the final payment deadline (4/23).  In the case of extenuating circumstance that occur after the final payment deadline, if we can fill your spot, 50% of the remaining portion of your payment will be refunded up until 30 days prior to the retreat.
	Any payments for late registration that occur after the final payment deadline (4/23) are non-refundable.
	Please note that there will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. If you cancel your participation in a retreat for any reason, the cancellation policy above will apply, with no exceptions.  We wish we could compensate people for unforeseen circumstances (injury, family emergency, etc), but we have costs already incurred when reserving the retreat centers and related planning. We have designed our cancellation policy to be as compassionate as possible in the case that your plans change. But to protect yourself further, we strongly encourage you look into to purchasing travel insurance.  We would never cancel a retreat outside of extreme circumstances, however, if we do cancel the trip due too few participants, we will refund to you all deposits and payments you have paid. We cannot, however, compensate you for airfare or travel costs incurred. Please wait until we have given confirmation of minimum participant registration before purchasing/paying for flights or other travel arrangements.
	I have read, fully understand, and agree to the above terms. Signature: