



YOGA at THE LAB

AGREEMENT, WAIVER & RELEASE

I _____
give consent to The Lab to secure medical attention/transportation deemed necessary in an emergency. I will not hold Just4 Sports or The Lab, responsible for injury or liability and will secure adequate insurance for myself. Just4 Sports nor The Lab will be responsible for medical costs. I recognize there are risks associated with strenuous physical exertion when engaging in physical activities. I certify to the best of my knowledge that I am physically capable of participating in demanding activities. And I, the undersigned, have read this release and understand all its terms.

(Signature)

(Date)