



Fitness Waiver

I understand that Yoga, Flow, Boot Camp, and Kettlebells are a process of integration and form of exercise intended to facilitate wholeness and self-awareness. It is not a medical procedure intended to diagnose or treat any medical problems or concerns.

I understand that Yoga, Flow, Boot Camp, and Kettlebells are not a competitive activity, and that I have been advised by my instructor to only engage in this activity to the level of my personal comfort.

I also understand that I am solely responsible for my health, safety and well-being and I will inform my instructor of any activity or movement that I cannot safely perform, and that I will not perform any activity or movement which I feel is likely to cause me to injure myself.

I agree to waived my instructor Edwin Olvera from any/all responsibility for any injury in which I may sustain durning or as a result of my participation in Yoga, Flow, Boot Camp, and Kettlebells.

Date: _____

Signature: _____

Printed Name: _____

Phone #: _____

Email: _____