

By taking online yoga classes with Ting-Chun (Tina) Wang on the Zoom Platform, I acknowledge and agree to the following:

1. I am participating in yoga classes (collectively, the “Activity”) offered by Ting-Chun (Tina) Wang (the “Instructor”).
 2. I recognize that the Activity may cause or aggravate a physical injury or medical condition. I understand that it is my responsibility to consult with a physician before my participation in the Activity. If I have done so, I have taken the physician’s advice. I understand that the Instructor reserves the right to refuse my participation in any Activity on medical, fitness or any other grounds.
 3. I understand my physical limitations and I am sufficiently self-aware to stop or modify my participation in any Activity before I become injured or aggravate a pre-existing injury.
 4. In further consideration of being permitted to participate in the Activity, I knowingly, voluntarily and expressly waive any “Claim” (as defined below) I may have against the Instructor (a “Released Party”) that I may sustain as a result of participating in the Activity even if the Claim arises from the negligence of Released Party or anyone else.
 5. In consideration of being permitted to participate in the Activities, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Activity, including those which may result from the negligence of the Instructor.
- I agree to indemnify and hold harmless the Released Party from any loss, cost, or liability incurred in defending any Claim made by me or anyone making a Claim on my behalf, even if the Claim is alleged to or did result from the negligence of Released Party or anyone else.
- “Claim” includes but is not limited to any and all liabilities, claims, demands, expenses, fees, legal actions, rights of actions for damages, personal injury, mental suffering and distress, or death that I may suffer, my spouse, children or unborn child may suffer (including any legal fees or expenses) in connection with participation in any Activity.
6. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Released Party for any Claim caused by any negligence or other acts of Released Party.
 7. This agreement shall be construed in accordance with, and governed by, the laws of the State of New York and that all actions, suits, claims and proceedings relating to this agreement shall be brought in a court of competent jurisdiction located in New York City, New York. In case any provision of this agreement shall be held invalid, illegal or unenforceable, it shall not affect any other provision of this agreement and this agreement shall be construed as if such provision had never been contained herein.