

Through the generosity of Sakula Yoga Studio, the Metuchen Municipal Alliance, in partnership with Metuchen High School Project Graduation, is offering a free

Gentle Yoga Class

for Metuchen High School students and their parents



Testimonial:

"Yoga is extremely beneficial to students during their high school years. High school can be an extremely stressful time, and yoga allows you to free your mind and body of stress so that you can live a healthier, happier life. Yoga really helped me to be less stressed and to be a happier person during my high school years."

-Olivia Freed MHS 2015

Donations will be graciously accepted for the Metuchen Municipal Alliance

The Metuchen Municipal Alliance continues in its tradition as one of the lead sponsors of Metuchen High School Project Graduation.

January 31, 2016 @ 2pm

- Yoga mats provided by the studio
- Please bring attached, signed waiver



335 Main Street, Metuchen

Questions? Lisa Freed – lafreed@yahoo.com

Agreement of Release and Waiver of Liability

1. I am or will be participating in the yoga classes offered at or through SaKula Yoga Studio® and I am allowing my child to participate in the yoga class offered at or through SaKula Yoga Studio®, which we will receive information and instruction about yoga and health. I understand that physical activity may have certain potential risks that cannot be eliminated regardless of the care taken to avoid injuries. I hereby avow that my and my child's participation is voluntary knowingly and that we assume all such risks.
2. I understand that it is my sole responsibility to consult a physician prior to and regarding our participation in these yoga classes. I represent and warrant that we are physically and psychologically fit and have no injury, medical or other condition which would prevent our full participation in the yoga classes offered at or through SaKula Yoga Studio®.
3. In consideration of permission to use, today and on all future dates the property, facilities and services of SaKula Yoga Studio®, I, on behalf of myself and my child, do hereby release, waive, discharge and covenant not to sue SaKula Yoga Studio®, it's owner, directors, officers, employees, volunteers, independent contractors and agents from liability from any and all claims arising from the ordinary negligence of SaKula Yoga Studio® or any of the aforementioned parties.
4. I have read this release and waiver of liability and fully understand its terms. I acknowledge that I am signing this agreement freely and voluntarily, and understand my signature to be a complete and unconditional release of all liability to the greatest extent allowed by the law in the State of New Jersey.

The information you have provided, is confidential and will not be shared with, or given to anyone without your permission and will be used only by SaKula Yoga Studio®
335 Main Street • Metuchen • NJ 08840 • 732-906-0100

Signature of Parent

Child's name (please print)

Date

Address

E-mail address

Emergency contact name & telephone numbers please print