Seetal Cheema, MD, PC * Seetal Cheema Wellness

Intake Form

(please print clearly)		
last name	 first name	
email address		phone
emergency contact nar	ne:	
phone number:		
relationship to client: _		
Release and Waiver of	of Claims and Covena	ant Not to Sue
MD, PC and/or Seetal Cheeresponsible for the safekee accept the fact that there are during yoga instruction, and my classes, and that I have acknowledge that yoga class comes with the risk of persobone injury. There is even that and Covenant Not to Sue, I capable of participating in the yoga instruction, I believe that fact, and I will stop my legal representatives that I and/or Seetal Cheema Well of my participation in yoga of are conducted. I further agricular sue or make claims of any I Seetal Cheema Wellness, for whether caused by negligery yoga classes at If any part of this Release a court of competent jurisdictive maining provisions.	ema Wellness, I understand ping of my personal belong of that I am fully responsible been advised to not bring sees are physically strenuous and injury, including but not the possibility of death. In see activity of yoga instructionat the activity is becoming participation in the class. I will hold harmless Seetal Collasses, including entering the that neither myself, my kind against Seetal Cheem for any personal injury, propose, gross negligence, or out to be unenforceable, the	e by Seetal Cheema and/or Seetal Cheema, d and agree that they are in no way gings while I attend class. I understand and orage facilities for my personal belongings of for all items of value that I bring with me to anything of value to my classes. I further us, and that participation in these classes of limited to muscle, tendon, ligament and signing this Release and Waiver of Claims in that I am in good physical condition and on. I further agree that if at any time during too strenuous I will inform my instructor of agree for myself, my heirs, assigns, and Cheema and/or Seetal Cheema, MD, PC is sees that I might sustain or incur as a result and leaving the premises where classes heirs, assigns, or legal representatives will a and/or Seetal Cheema, MD, PC and/or perty loss or damage, or wrongful death, otherwise resulting from my participation in Covenant Not to Sue should be ruled by a at ruling shall not affect or invalidate its
Signature of Participan	t	

Seetal Cheema, MD, PC * Seetal Cheema Wellness

Release and Waiver of Claims and Covenant Not to Sue

In consideration of the yoga instruction provided to me by Seetal Cheema and/or Seetal Cheema, MD, PC and/or Seetal Cheema Wellness, I understand and agree that they are in no way responsible for the safekeeping of my personal belongings while I attend class. I understand and accept the fact that there are no secured or locked storage facilities for my personal belongings during yoga instruction, and that I am fully responsible for all items of value that I bring with me to my classes, and that I have been advised to not bring anything of value to my classes. I further acknowledge that yoga classes are physically strenuous, and that participation in these classes comes with the risk of personal injury, including but not limited to muscle, tendon, ligament and bone injury. There is even the possibility of death. In signing this Release and Waiver of Claims and Covenant Not to Sue, I acknowledge and represent that I am in good physical condition and capable of participating in the activity of yoga instruction. I further agree that if at any time during yoga instruction. I believe that the activity is becoming too strenuous I will inform my instructor of that fact, and I will stop my participation in the class. I agree for myself, my heirs, assigns, and legal representatives that I will hold harmless Seetal Cheema and/or Seetal Cheema, MD, PC and/or Seetal Cheema Wellness for all injuries and losses that I might sustain or incur as a result of my participation in yoga classes, including entering and leaving the premises where classes are conducted. I further agree that neither myself, my heirs, assigns, or legal representatives will sue or make claims of any kind against Seetal Cheema and/or Seetal Cheema, MD, PC and/or Seetal Cheema Wellness, for any personal injury, property loss or damage, or wrongful death, whether caused by negligence, gross negligence, or otherwise resulting from my participation in If any part of this Release and Waiver of Claims and Covenant Not to Sue should be ruled by a

If any part of this Release and Waiver of Claims and Covenant Not to Sue should be ruled by a court of competent jurisdiction to be unenforceable, that ruling shall not affect or invalidate its remaining provisions.

Signed under seal this	day of	, 20 .

<u>Name</u>	<u>Signature</u>