

Hills Village North Master Association

Managed by Taylor Management

25 Artillery Park Road

Bedminster, NJ 07921

908-781-2333 fax: 908-781-2006

HILLS VILLAGE NORTH MASTER ASSOCIATION RECREATIONAL FACILITIES AND CLUBHOUSE

NOTE: THIS IS AN IMPORTANT LEGAL DOCUMENT AFFECTING YOUR RIGHTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS, YOU SHOULD DISCUSS THEM WITH YOUR ATTORNEY BEFORE SIGNING.

WAIVER AND RELEASE FOR LIABILITY FOR YOGA CLASS

EXPLANATION

For the convenience of the residents, the Hills Village North Master Association Inc. [“the Association”] allows an instructor to use its clubhouse for a yoga class. They are not conducted, or produced by the Association in any way. The Association is permitting the use of the facility as an accommodation to the residents and does not choose, approve or supervise the instructor or the yoga class [“Class”]. The Instructor is not an employee or agent of the Association. Therefore, the Association is not endorsing or taking responsibility for the conduct of the Class.

WAIVER AND RELEASE OF ALL RESPONSIBILITY AND LIABILITY

I wish to participate in a yoga class held at Hills Village North Master Association clubhouse. I know the instructor is not employed or under contract to the Association, but is an related third party using the facility.

I acknowledge that:

1. There are inherent risks in participating in a program of strenuous exercise. I have not been notified by any physician that I have any special risks from participating in an exercise program and represent to the Association that there are no health reasons why I should not take this class. If there is any change I will notify the Association;
2. This class is being offered by a third party and not the Association which is not responsible for my health or safety relative to the Class; and
3. It is my responsibility to investigate the qualifications of the instructor and to act accordingly.

In return for the right to participate in this class, I agree that I will not make any claim against the Association, its officers, trustees and agents if I am injured or become ill or injured as a result of the Class.

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I agree that the ASSOCIATION shall not be liable or responsible for any illness or injury to me resulting from my participation in the class, which shall be at my own risk.

I expressly release and discharge and hold harmless the ASSOCIATION, its directors, employees, members, servants, agents and assigns, from all claims, causes of action, suits of whatever nature, damages, judgments and expenses (including attorney's fees and disbursements) which I or my heirs, executors, administrators or assigns may have or claim to have the ASSOCIATION and its members, officers, employees, agents and assigns with respect to the Class.

This release shall be binding upon my heirs, executors, administrators and assigns.

I have read this release and I understand all its terms. I execute it voluntarily and with full knowledge of its significance.

Signature: _____ Home Telephone: _____

Print Name: _____ Cell Telephone: _____

Witness: _____ Date: _____

Emergency Notification Name: _____ Phone: _____

Address: _____

Yoga with Breda FAQ

What should I bring?

Bring your own yoga mat. You can get one from any of the stores that sell sporting goods and even TJMAXX and Marshalls also carry some stock of yoga mats. The standard length is 72". There are some with shorter length (68") or extra-long (84") to cater the need of people with different heights. If possible, try to get a mat with the right thickness for yourself.

Bring a blanket or a thick towel and yoga blocks. The blanket/towel would be useful to assist us in some poses and also for keeping your body comfortable during the final relaxation pose. These items are optional you may want to try a class before purchasing additional items. If you have a blanket and blocks feel free to bring them with you.

Also all participants must bring their signed "Waiver and release for Liability for Yoga Class" form.

What should I wear?

Wear comfortable clothing (loose or fitted) that allow movements to be unrestricted during stretching poses.

How should I prepare for class?

Drink enough water (but not too much that you will have to use the bathroom during class) to keep your body well hydrated throughout the practice. Try not to drink (cold) water during class if possible.

Try not to eat a big meal just before coming to the class because with a full stomach, discomfort and bloated feelings might occur when doing certain poses. A small bite half hour to an hour before practice is perfectly ok.

When should I arrive?

Arrive a few minutes earlier than the class to sign-in and prepare mentally and physically ready for the class.

For more information contact the instructor at yogawithbreda@gmail.com