

*Seetal Cheema, MD, PC \* Seetal Cheema Wellness*

**Intake Form**

(please print clearly)

\_\_\_\_\_

last name

\_\_\_\_\_

first name

\_\_\_\_\_

email address

\_\_\_\_\_

phone

emergency contact name: \_\_\_\_\_

phone number: \_\_\_\_\_

relationship to client: \_\_\_\_\_

**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 yoga classes at \_\_\_\_\_.

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\_\_\_\_.

\_\_\_\_\_

Signature of Participant

