

**Informed Consent and Liability Waiver Release for Participation  
in Exercise Program at  
East Greenbush Community Library**

I agree and consent to the following:

I am voluntarily participating in the *Morning Yoga* program conducted by the East Greenbush Community Library. I recognize that the program requires physical exertion that may be strenuous at times and may cause physical injury, and I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above mentioned program. I represent and warrant that I have no medical condition that would prevent my participation in the program.

I agree to assume full responsibility for any risks, injuries, or damage known or unknown which I might incur as a result of participating in the program. I knowingly, voluntarily, and expressly waive any claim I may have against the East Greenbush Community Library for injury or damages that I may sustain as a result of participating in the program.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_