



No Problems Publishing Inc. (NPP)

Australian Institute Of Tibetan Healing Practices Inc. (AITHP)

Tibetan Buddhist Healing Practices Inc. (TBHP)

Release Waiver Form

**All participants of any programs undertaken at NPP, AITHP or TBHP are required to sign this form prior to attending.*

If at any time during the class, you feel discomfort or strain, gently come out of the posture. You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day.

I understand that OP Yoga classes and Programs (OP Yoga) are based on merging Tibetan Healing, personal spiritual guidance, meditation and yoga, and this includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any mental or physical pain or discomfort, I will discontinue the activity, and ask for support from the instructor. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation. This includes my physical space and safety, and I agree to maintain awareness to avoid damage to myself, other people, animals and property around me & in my vicinity during the class. I accept full responsibility for my own safety and physical space.

I understand that OP Yoga is not a substitute for medical attention (including mental health conditions), examination, diagnosis or treatment. OP Yoga is not recommended and is not safe under certain medical conditions. By signing, I affirm that a licensed physician has verified my good health and physical condition to participate in such a program, if required. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate. I also affirm that I alone am responsible to decide whether to participate in OP Yoga classes, and participation is at my own risk. If it is suggested that I stop at any time, then I will cease immediately. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against NPP, AITHP, TBHP, teachers, assistant teachers, volunteers and any relatives, spouse, heirs, legal representatives, successors, assigns and all related facilities and premises for any personal injury or negligence. Additionally, the facility, instructor, NPP, AITHP & TBHP are not in any way responsible for any loss or damage of my personal property.

Those under 18 years of age who wish to attend an OP Class or Program must contact us by email at admin@noproblems.org.au.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

This Waiver shall be governed by and construed in accordance with the laws of New South Wales, Australia and the parties submit to the exclusive jurisdiction of the New South Wales courts for any matter arising under or relating to this Waiver.

I have carefully read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognise that my signature serves as complete and unconditional release of all liability to the greatest extent allowed by law and that it cannot be changed orally.

Signed:	
Printed Name:	
Contact Details: Phone number - Email address -	
Disclosed pre-existing injuries or illnesses:	
Dated:	
Emergency Contact Name:	
Emergency Contact Number:	
Date:	