



# WAIVER

**GOOD PHYSICAL HEALTH:** I represent and warrant that I am in good physical health and do not suffer from any medical condition which would limit my participation in the classes offered at the BARN at Autumn Ridge and the Autumn Ridge property. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in any of the yoga classes, programs, or workshops. I understand the risks associated with the activities offered by Autumn Ridge Cottages LLC and I agree to follow all instructions so that I may safely participate in classes, workshops, or other activities. It is my responsibility to inform the instructor of my limitations before class begins.

**LIABILITY:** I hereby WAIVE AND RELEASE Autumn Ridge Cottages LLC, its owners, officers, employees, and instructors from any claim, demand, cause of action of any kind resulting from or related to my participation in the programs offered at the facility. In taking part in the Goat Yoga classes, workshops, or other activities at the BARN at Autumn Ridge and Autumn Ridge property, I understand and acknowledge that I am fully responsible for any and all risks, injuries, or damages, known or unknown, which might occur as a result of my participation to me, my clothing, minor children, or my property. I will not do anything that I do not feel physically comfortable with. I am aware that these are Goats, (although sweet and docile), are still animals that can weight up to 80 lbs., that poop and pee, with hooves, horns, and teeth that can scratch, buck, bruise, rip, cut, nibble, etc. I am aware that there is no retirement age for a Yoga Goat, so I may get any sized goat jumping on me at any given moment.

**PHOTOGRAPHY:** I understand that Autumn Ridge Cottages LLC may from time to time take photographs and videos of Goat Yoga classes to post on their website, social media, and/or advertising. I hereby grant permission for my image to be used for this purpose. I further understand, that Autumn Ridge Cottages LLC is not responsible for the use of photographs and videos taken by other participants and bystanders that may contain my image.

This waiver can be found online at:

[www.autumnridgecottages.com/goat-yoga-waiver](http://www.autumnridgecottages.com/goat-yoga-waiver)

and clearly posted at:

the BARN at Autumn Ridge

190 Autumn Ridge Land, Lexington, VA 24450

ALL PARTICIPANTS MUST AGREE TO THE TERMS ABOVE BEFORE CLASS BEGINS.