



Visitor Participation Agreement and Release

Activities and Need to Self-Monitor

During my visit to Kripalu Center for Yoga & Health, I agree to support Kripalu's retreat environment and contribute to a safe, respectful, and positive experience for everyone in-house. As a visitor, I may have opportunities to take part in certain activities designed to enhance my health and well-being. These activities may include yoga classes, relaxation and meditation instruction, and Healing Arts services.

Whether specific or general, I recognize that activities of this nature involve an element of physical, emotional, and psychological risk. I understand each person's level of physical and psychological fitness is different, and that some activities may not be appropriate for me given my individual capacities. I accept the need to monitor my own participation, knowing that each activity, and each exercise within any given activity, is optional. It is fine for me to sit an activity or exercise out, let my instructor know that I am choosing not to participate, or otherwise ask for help.

Kripalu Promotional Efforts

At times, Kripalu takes photographs and makes audio and video recordings of guests to promote the benefits of participating in its programs and activities. Whenever these activities are happening, I can tell Kripalu staff that I do not want to participate or move to a place in the room that is not being photographed or recorded. I hereby consent to being the subject of any photographs or audio/video recordings made during my stay by Kripalu staff and grant permission for these to be published or posted in ways that promote Kripalu.

Social Media and Posting of Photographs and Videos

Kripalu recognizes that a portion of its guests and other visitors wish to photograph, video, and audio record aspects of their program experience to post on various social media sites, such as Facebook and YouTube. In order to protect the privacy of others, Kripalu requires that all visitors agree not to post or publish any photographs, video, or audio recordings of other individuals, or make use of the Kripalu name or logo, without express permission. I understand that I am solely responsible and potentially liable for any harm or damages caused by my online activity relating to Kripalu.

Release of Liability

After being informed of the above risks and responsibilities, I generally release Kripalu Center for Yoga & Health, together with its instructors and other representatives, from all claims, causes of action, medical expenses, and other costs related to my participation, whether they arise while at Kripalu, or from my later use of information or instruction at home. In addition, I agree to accept full responsibility for the security of my personal belongings, as Kripalu is not responsible for lost, missing, or stolen items.

I will abide by the terms of this Participation Agreement and Release because it makes me aware of Kripalu's policies and creates a legally binding general release of liability.

Signature _____

Date _____

Print Name _____



Berkshire-Area Resident Day Pass Application

Name:				
Address:				
Phone:		E-mail:		
Emergency Contact:	Name	Relationship	Phone	
Vehicle Information:	Make	Model	Color	License Plate No.