

**Lakeshore Yoga Studio Far Infrared Sauna  
Waiver, Release and Consent to Medical Attention**

**Identification of Risks:** I understand that participation in the use of the Infrared Sauna may involve risk of injury, disability, death, and perhaps damage to property.

**Assumption of Risks:** I am physically and psychology ready to participate in the use of the Infrared Sauna. I accept personal responsibility for any liability, injury, loss or damage in anyway connected with my participation in the use of the Infrared Sauna.

**Status of the Institute:** I understand that Lakeshore Yoga Center, LLC (including its affiliated organizations, directors, therapists, practitioners, employees and counselors) is not my physician and the use of the Infrared Sauna does not constitute the provision of medical or health care services.

**Waiver and Release:** I understand and discharge Lakeshore Yoga Center, LLC and Carey Burns from all claims for any liability, injury, loss, or damage in any way connected with my participation in the use of the Infrared Sauna, whether or not caused in whole or part by the negligence of any of the organizations or individuals mentioned above.

I intend for this waiver and release to also apply to my relatives, personal representatives, heirs, beneficiaries, and next of kin and assigns who might pursue any legal action or claim for such liability, injury, loss or damage. I further intend that this waiver and release shall be effective indefinitely, including participation in other programs or opportunities of Lakeshore Yoga Center, LLC and Carey Burns, and unless and until I provide written notification to Lakeshore Yoga Center, LLC and Carey Burns to the contrary.

I agree that Lakeshore Yoga Center, LLC and Carey Burns (including each of their affiliated organizations, directors, therapists, practitioners, employees and counselors) may, but has no duty to me, through medical personnel of their choice, customary medical or training assistance, transportation and emergency medical services.

**Infrared Sauna Rules and Regulations:** You must be 16 years or older to use the sauna. Please sit on a towel provided while in the sauna. For safety, limit use of sauna to 30 minutes. Monitoring your physical condition during usage is essential. If you experience symptoms of overexposure such a lightheadedness, dizziness, increased heart rate, nausea, or extreme fatigue, leave immediately and sit until your body temperature returns to normal. Should symptoms continue, seek assistance from any staff member, or dial 911 if appropriate.

**Recommended temperatures are as follows:** Infrared Sauna (105-135 degrees F)

Individuals at high risk (pregnant women, individuals who take prescription medicine or use alcohol or illicit drugs and individuals with elevated blood pressure, diabetes, or heart disease) should consult with their medical professional before entering the Infrared Sauna.

**Acknowledgement**

**I have read a copy of the Sauna Tips and will abide by recommendations. I have read this waiver, release and consent and understand that I have given up substantial rights by signing it. I understand these risks and I assume all such risks and release Carey Burns, and all Lakeshore Yoga Center instructors, volunteers and related agents from any liability. I have carefully read, I understand and accept this and agree to the foregoing. I am signing this waiver, release and consent voluntarily.**

Signature \_\_\_\_\_ Printed Name \_\_\_\_\_

Date \_\_\_\_\_