



Center for Spiritual
Enlightenment

1146 University Ave, San Jose, CA 95126
www.CSEcenter.org

CSE PROGRAM PARTICIPANT WAIVER OF LIABILITY

This program, offered by Center for Spiritual Enlightenment, includes one or more Meditation and Hatha Yoga sessions. By registering and participating in this program, you agree to the following statement:

I am freely choosing to participate in these meditation and yoga practices, which I understand are for the purpose of stress reduction and relaxation, and that can induce altered states of consciousness. I am comfortable with that, and with my ability to participate.

I understand the method of yoga offered in this program may involve strenuous physical activity and/or include the use of suggested props. I accept all responsibility for and assume the risk of any and all injury and damage to myself, which might arise either directly or indirectly through my participation.

I hereby release Center for Spiritual Enlightenment and all instructors from any liability whatsoever now or in the future arising from my participation in this program. I also hereby affirm that I am in good overall condition and able to participate, and/or that I have informed the instructor ahead of time of any related issues which would limit my participation.