



January 30, 2022 at 5pm

YogaMass® engages and integrates all of our dimensions – spiritual, psychological, and physical – through the combined practice of yoga, breath work, meditation, and Holy Communion. Participants are solely responsible for their own health, safety, and well-being while participating in YogaMass®.

“I hereby agree to inform the leader of any activity which I cannot safely perform, and will not perform any activity which is likely to cause injury. I hereby agree to hold the leaders, YogaMass, Inc., The Institute for Spirituality and Health, or The Church of the Redeemer, Baltimore, MD, harmless from all responsibility for any injury that may be sustained during or as a result of participation in YogaMass®. By signing this sheet, I am in agreement with the above statement.”

*You will also be added to our mailing list for upcoming events.
Thank you for joining us!*

PRINTED NAME _____

SIGNATURE & DATE _____

EMAIL/PHONE _____