



KATHY WHITE

YOGA

Cannabis Yoga Session

Cannabis and yoga share ancient roots as practices of healing, presence, and connection. Approached with mindfulness and intention, this practice invites relaxation, embodied awareness, and a deeper connection to self.

NO CANNABIS IS PROVIDED. YOU MUST BRING YOUR OWN (LOW DOSE).

APPLY TO JOIN. OVER 19'S ONLY.

+1 250 416 9916

www.kathywhiteyoga.com/cannabisyoga

Yoga Studio: 7999 Glenhurst Drive, Crofton



Cannabis Yoga Session

NO CANNABIS IS PROVIDED. YOU MUST BRING YOUR OWN (LOW DOSE).

Thank you for your application to join a Cannabis Yoga Session at Kathy White Yoga.

Your participation in this session requires you to

- Be Over 19 Years of age
- Have experience of cannabis before
- Have experience of classes at Kathy White Yoga before
- Provide your own legal cannabis
- Either walk or get a ride to class so you do not drive under the influence of cannabis.
- Sign the waiver below

APPLY TO JOIN. OVER 19'S ONLY.



+1 250 416 9916

www.kathywhiteyoga.com/cannabisyoga

Yoga Studio: 7999 Glenhurst Drive, Crofton

Cannabis Yoga Session Agreement & Waiver

Thank you for your application to join a Cannabis Yoga Session at Kathy White Yoga. By participating in this session, you must acknowledge and agree to the following:

Participant Requirements

I confirm that:

- I am 19 years of age or older.
- I have previous experience using cannabis.
- I have previous experience attending Kathy White Yoga classes.
- The class price does not include cannabis
- I will provide my own legal cannabis products.
- I understand that low-dose consumption is encouraged.
- I may contact Kathy White Yoga prior to the session if I require further guidance regarding dosage or preparation.
- I will arrive sober and in a safe condition to participate.

Personal Responsibility

I understand that participation in this session is voluntary and that I am solely responsible for my own cannabis consumption, physical condition, emotional state, and personal wellbeing during and after the session.

I understand that cannabis may affect coordination, perception, balance, judgment, and reaction time. I agree to consume responsibly and mindfully.

Driving & Transportation

Sessions are approximately two hours long. Participants are expected to arrange transportation responsibly and comply with all impaired driving laws. If I do not feel safe or legally fit to drive at the conclusion of the session, I agree to remain at the venue until I am fully capable of driving responsibly or alternative transportation has been arranged.

Waiver & Release

By participating, I voluntarily assume all risks associated with cannabis consumption and yoga participation.

I hereby release and hold harmless Kathy White Yoga, Kathy White, instructors, staff, assistants, and venue hosts from any and all liability, claims, demands, damages, injuries, losses, or expenses arising from or related to my participation in this session, including cannabis consumption before, during, or after the event.

I acknowledge that this session is not medical treatment, therapy, or healthcare advice.

By signing below, I confirm that I have read, understood, and voluntarily agree to the terms above.

Participant Full Name: _____

Signature: _____ Date: _____