



RELEASE & WAIVER OF LIABILITY AGREEMENT

I, _____, by signing this Release and Waiver of Liability Agreement, am agreeing to the following:

1. I am participating in one or more of the following activities: Yoga, Tai Chi, Qi Gong, Exercise, Meditation, Dance, Health, Fitness, and/or Wellness Classes, Programs or Workshops (Programs) offered by Ground Luminosity, during which I (he/she) will receive information and instruction. I recognize that these Programs require physical exertion that may be strenuous and may cause physical injury and affirm that I am aware of the risks and hazards involved.

2. I understand that it is my sole responsibility to consult with a physician prior to and regarding my participation in these Programs. I represent that I (he/she) am (is) physically fit and have no medical condition that would prevent full participation in these programs.

3. In consideration for being allowed to participate in these Programs, I personally and fully assume all risks in connection with said course for any harm, injury, negligence, physical or property damage, or damage due to equipment malfunction or failure that may occur as a result of my participation in these Programs, whether known or unknown, and I still wish to proceed with these Programs course.

4. In consideration for being allowed to participate in these Programs, I knowingly, voluntarily, and expressly release, waive, discharge, and agree not to sue regarding any claim I, my family, heirs, legal representatives, and assigns may have against Ground Luminosity for any claim for injury or damages that I (he/she) may sustain as result of participating in these Programs. I understand and agree that neither Ground Luminosity, its employees, independent contractors, staff, volunteers, advisors, and agents nor these Programs may be held liable in any way for any occurrence with these Programs that may result in injury, death, or other damages to me or my family, heirs, legal representatives, or assigns, and further hold harmless Ground Luminosity from any claim by me, or my family, estate, heirs, legal representatives, or assigns, arising out of my participation in this course.

5. I am cognizant of the basic safety rules and instructions concerning these Programs. I also understand that it is not the purpose of this course to teach safety rules, nor is it the function of the instructors to serve as the guardians of my (his/her) safety. I also understand that I am responsible for the safety and good operating condition of any equipment used in these Programs regardless of where I obtain it.

6. I understand that I am not relying upon any oral statements, promises, inducements, or arrangements. I further state that I am of lawful age and legally competent to sign this Agreement, or that I have acquired the written consent of my parents or guardians; that I have had ample opportunity to review and sign this Agreement; and that I have signed this document of my own free act.

Date

Signature of Participant

Print Name

Address

Cell Number

Email

Birthday