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Liability Release and Waiver

ASSUMPTION OF RISK, HEALTH WARRANTY, AND RELEASE AND WAIVER OF LIABILITY

Yoga is an individual experience and I understand that I should progress at my own pace while participating in the yoga classes ("class") w Wellspring Healing Center, LLC ("WHC"). If at any point I feel overexertion or fatigue, I will respect my own body's limitations and I will rest before continuing Yoga or any other exercise.

I acknowledge that participation in the "class" naturally involves the risk of injury to me. I further acknowledge that specific risks include injuries resulting from over-exertion, physical adjustment, improper or negligent use of equipment, failure to follow trainer instructions, or injuries resulting from participation in an inappropriate level of physical exercise. As such, I understand and voluntarily accept these risks.

I represent that I am in good health, at least 18 years of age, have the necessary current medical approval to engage in physical exercise and yoga classes and have no disability, impairment, injury, disease or ailment which would cause risk of injury or adverse health consequences as a result of engaging in physical exercise and yoga classes. I acknowledge that WHC is relying on this representation and I understand that WHC will neither investigate nor certify my health or my fitness to participate in physical exercise and yoga classes.

RELEASE AND WAIVER OF LIABILITY:

In consideration for my participation in "class", I, individually, and on behalf of my relatives, legal representatives, and assigns, agree not to sue and hereby agree to defend, indemnify, release and hold harmless WHC and each of their respective shareholders, owners, officers, directors, members, employees, contractors and agents, and the owner of the facilities of Riverside Arts Center (the "Facilities") where "class" may occur (collectively, the "Releasees") from all actions, claims, demands, suits, losses, liabilities, charges, expenses (including, without limitation, attorneys' fees), and costs of any nature whatsoever which may arise out of, relate to, or result from, any injury, economic loss or any damage to me or my guest or relatives resulting from my participation in physical exercise and yoga classes at the Facilities, entry to or use of the equipment, facilities or services at the Facilities, the negligence of the facility where I am taking my training or any representative of WHC, except such as may arise out of the willful misconduct of the Releasees. This release and waiver of liability (this "Release") is intended to be a complete release of any responsibility for personal injuries and/or property loss/damage sustained by me while at the Facilities, whether using exercise equipment, participating in active or passive exercise, or not. I understand that this Release is intended to be as broad and inclusive as is permitted by the laws of the jurisdiction applicable to the facility where I am taking my "class" and that if any portion of this Release is held invalid, I agree that the balance of this Release should continue in full force and effect.

Date: _____

Print Legal Name: _____

Legal Signature: _____