



I, _____ (name) (Student), HEREBY AGREE TO THE FOLLOWING:

Student is aware that participation in a sport or yoga or other physical movement (Session) may result in accident or injury, and the student assumes the risk connected with the participating in the Session. Student agrees that AVAILABLE WELLNESS LLC (Available Wellness) has not and will not render any medical services including medical diagnosis of the student's physical condition.

Available Wellness recommends that Student seeks the advice of their physician before commencing any exercise routine. Student hereby confirms that if they have any pre-existing conditions, physical limitations, mental health conditions, or are on medication that Student has approval from a physician to participate in activities in Session.

Student assumes any and all risks of injury associated with the Session or in any manner related to their or presence upon the physical or virtual premises of the Session. This includes participation in an online (virtual) session on video or phone chat.

Student assumes any and all risks of injury associated with or in any manner related to his or her use of any equipment (including, but not limited to yoga props).

Student agrees and covenants not to sue or otherwise attempt to hold Available Wellness liable for any injuries regardless of the cause. This waiver and release agreement applies to all injuries.

Student agrees to indemnify and hold Available Wellness harmless against any and all claims arising out of the student's presence in Session, including the participation in the session by any family member or guest of the student regardless of cause.

This waiver and release agreement are intended to be as broad as is allowed under the applicable law and applies to any and claims for damages, regardless of whether they are allegedly caused by the negligence of Available Wellness or its employees.

Student specifically agrees that Available Wellness, its officers, employees and agents shall not be liable for any claim, demand, cause of action or any kind resulting from or related to student's participation in any sport, exercise, or activity, and buyer agrees to hold Available Wellness harmless from same.

Student agrees that all terms of this document apply to virtual sessions with Available Wellness.

I have read the above and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Signature of Participant

Date

Signature of Parent or Guardian (required if participant is under the age of 18)