



OceanDream Wellness, LLC Waiver & Liability Release

I do hereby consent to participate in a physical activity program that will include yoga, assisted and unassisted stretching, body weight training, resistance training, and cardiovascular exercise. Because physical exercise can be strenuous and subject to risk of serious injury (including but not limited to musculoskeletal injury, spinal injuries, abnormal blood pressure responses, and in rare instances heart attack or death) it is urged to obtain a physical examination from a doctor before participating in any physical activity. You agree that by participating in physical exercise, training activities, personal stretching sessions, yoga, cardio kickboxing, or any other classes, workshops, or seminars at OceanDream Wellness, LLC, you do so entirely at your own risk. Any recommendations for changes in diet including the use of supplements, weight reduction or body building enhancement products are your responsibility and you should consult a physician prior to undergoing any dietary or supplement changes.

You agree that you are voluntarily participating in activities and the use of these facilities and premises, and assume all risk of injury, illness, or death. OceanDream Wellness, LLC is not responsible for any injury or loss of personal property. This waiver and release of liability includes, without limitations, all injuries which may occur as a result of; a) your use of all amenities and equipment at OceanDream Wellness, LLC, and your participation in any activity, class, program, personal training, supervision or instruction, b) the sudden and unforeseen malfunctioning of any equipment, c) our instruction, training, supervision or dietary recommendations and d) your slipping and/or falling while in OceanDream Wellness, LLC on the premises, including adjacent sidewalks and parking areas. You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a release of liability. You expressly agree to release and discharge the trainer/instructor from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against OceanDream Wellness, LLC, and/or Faith Powell, or any other employee, trainer/instructor for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence. If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from. Photo & Video release I the undersigned do give OceanDream Wellness, LLC full permission to take photographs and/or video of me. I also give OceanDream Wellness permission to use these photographs or video for training/educational or promotional projects. I understand they may be given to third parties for their ethical and professional use in their advertising, educational products, web sites, catalogues and/or magazines. By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Full Name:

Email:

Phone:

Instructor:

Date:

Signature: