



Welcome to L I F E Wellness Adventure Retreats where we embrace the potential of positive perspective! We are committed to providing the best personal service to you! Thanks for allowing us to help you better yourself... in body and in attitude.

What exactly is a Wellness Adventure Retreat?

- **Physical activities:** Participate in activities like daily workouts, hiking, zip lining, surfing, snorkeling, Scuba diving and whitewater rafting.
- **New experiences:** Explore new places, try new activities, and learn new skills.
- **Supportive environment:** Travel with like-minded people and receive guidance from fitness and adventure professionals.
- **Healthy food:** Eat nutritious meals from local sources prepared by private chefs.
- **Rest time:** Get quality sleep and take part in recovery sessions.

What else can you expect?

- Daily challenges through workouts and adventures.
- Shared living spaces allowing meaningful connections.
- Time in nature resetting your soul.

CLIENT APPLICATION & SCREENING FORM

Name _____ Name Called _____

Address _____

Phone # _____ Email: _____

Emergency Contact _____ Phone # _____

Health History

Name _____ Height _____ Weight _____

Blood Pressure _____ Cholesterol _____ Date of last physical _____

* Are you taking any medications/prescriptions? If yes, what/how often/dosage? _____

* Do you have any orthopedic challenges such as bursitis, tendinitis, or issues with back, shoulders, knees, etc.? _____

* Please list allergies, recent surgeries, injuries or illnesses: _____

* Any Dietary restrictions/allergies: _____

* Are you currently involved in a regular exercise program? If yes, please describe: _____

* Other physical/medical conditions or pertinent information we should know about: _____

Consent: I acknowledge, to the best of my ability, that I am in good health and have no known medical issues that would restrict my ability to participate in this exercise program. I will notify L I F E Fitness as to any changes that may occur during the course of my tenure as a client.

Signed _____ Date _____



LIFE, LLC

ASSUMPTION OF RISK, RELEASE FROM LIABILITY, AND INDEMNIFICATION

The individual named below (referred to throughout in the first-person, e.g., as "I" or "me" or "myself," or as "Participant") wants to attend an adventure travel experience or other described event/activity provided by LIFE, LLC (the "Event") as a registered attendee. The Event will be held from **January 14-19th, 2026 at Isla Mujeres, MX** and/or **March 22-28th, 2026 at Costa Rica, Mountains to Sea Fitness & Wellness Retreat**, and hosted by LIFE, LLC, a Tennessee limited liability company with its offices located at **4941 Briarwood Drive, Nashville TN 37211** ("Company").

I understand that all terms of this agreement shall apply to me regardless of whether I have registered with Company for the Event or whether I am attending as a registered guest, and without regard to whether I participate in any or all the Event activities that are formally part of the Event per the Event agenda.

In consideration of Company granting me permission to attend this Event, and in recognition of Company's reliance on the waivers, indemnifications, and releases set forth below, I agree to all the terms and conditions set forth in this document (referred to generally as a "Waiver").

ASSUMPTION OF RISK

I UNDERSTAND THAT ATTENDANCE AT AND PARTICIPATION IN THE EVENT INVOLVES GENERAL RISKS INCLUDING SERIOUS INJURY, ILLNESS, DISABILITY, DEATH, AND PROPERTY DAMAGE, AND I FREELY ASSUME THESE RISKS. I understand that the Event activities include not only group meetings but also group meals, workouts, travel, and other activities laid out in the Event Agenda online at [Tentative Daily Schedule](#). I understand this agreement applies to any Event activity and/or any other activity I participate in while traveling with Company.

I acknowledge that I am voluntarily traveling to and participating in the Event and that any injuries I might sustain as a result of my travel to, presence at, or participation in the Event may result from or be compounded by Company's actions, omissions, or negligence, including with respect to any emergency response or rescue operations that may be required during the Event.

I ACKNOWLEDGE THE ABOVE-MENTIONED RISKS ASSOCIATED WITH DOMESTIC AND/OR INTERNATIONAL TRAVEL TO AND PARTICIPATION IN THE EVENT, AND I ACKNOWLEDGE THAT I AM FREELY AND KNOWINGLY ACCEPTING AND ASSUMING THESE RISKS BY TRAVELING TO AND PARTICIPATING IN THE EVENT.

RELEASE FROM LIABILITY

I expressly agree to waive and release any and all claims, now known or hereafter known, against Company, and its officers, directors, managers, employees, agents, affiliates, members, successors, and assigns (collectively, "Releasees"), on account of injury, illness, disability, death, or property damage arising out of or attributable to my travel to and participation in the Event, whether arising out of the ordinary negligence of Company or any Releasees or otherwise. I expressly agree not to make or bring any such claim against Company or any other Releasee and to forever release and discharge Company and all other Releasees from liability under such claims. This release from liability does not extend to claims or liabilities that Tennessee law does not permit to be released by agreement.

If, during the Event, I participate in events or activities not hosted by Company and not included on the Event agenda ("Outside Events and Activities"), I understand and acknowledge that I undertake those

Outside Events and Activities at my own risk, that Company has no control over those Outside Events and Activities, and I waive any and all claims against Company and Releasees for all liability arising from those Outside Events and Activities.

INDEMNIFICATION

I agree to defend, indemnify, and hold harmless Company and all Releasees against any and all losses, damages, liabilities, deficiencies, claims, actions, judgments, settlements, interest, awards, penalties, fines, costs, or expenses of whatever kind, including reasonable attorney fees, other fees, court costs, costs of enforcing any right to indemnification under this Waiver, and costs associated with pursuit of any insurance indemnity or coverage incurred by Company or any Releasees arising out of or resulting from any claim of a third party related to my travel to or participation in the Event, including any claim related to my own negligence or willful actions.

THIRD-PARTY DISCLAIMER

In many situations, Company acts on my behalf as an agent for independent suppliers that provide hotel accommodations, transportation, guided tours and activities, gear rental and other services. My participation in any Event or Company trip/tour is subject to the terms and conditions of those suppliers. I accept that Company does not maintain control over third-party employees or operations and therefore cannot be responsible for their actions, inactions, or omissions.

PERSONAL RESPONSIBILITY

I agree to take full responsibility for my own actions, safety, and welfare. I also understand that I will be a member of a group and will conduct myself in a way that will not endanger or negatively affect the group or myself. I certify that I have sufficient skill and fitness to participate in all Event activities. I have no medical, mental, or physical conditions which could interfere with my safety or ability to participate. Should my trip be interrupted or cancelled for my injury, illness, inability or other personal reasons, I will cover any and all additional costs of rescue, medical care, lodging and transportation and will not expect any refund or reimbursement from Company. I have been advised to purchase a travel insurance policy that covers me in such situations.

ADAPTABILITY

Participating in adventurous trips/tours/workouts requires a degree of adaptability. There are many forces beyond the control of Company hosts and organizers: inclement weather, trail closures, cancelled events, understaffed restaurants, global pandemics, and other unknowns. I agree to remain adaptable and congenial while the trip leaders navigate these situations as they arise, and I understand they are working in the best interest of the group. I will not seek damages or refunds for missed experiences, even those specifically mentioned in itineraries, where the cause was out of Company's control. I acknowledge food preparation is an integral part of some of these activities, that I am sharing meals in a group setting, and there may be limited selections. I acknowledge my responsibility to inform Company of any specific food related allergies. I accept that some of the offerings may not be to my liking. I also acknowledge that I may have shared rooms and bathrooms with other participants and will conduct myself in a respectful manner at all times.

GENERAL PROVISIONS AND AUTHORITY TO SIGN

I acknowledge that I have carefully read this entire agreement; that I fully understand it and the risks involved with the Event; and that by signing this Waiver, I am expressly agreeing to release Company from liability, waiving all claims associated with the Event, and indemnifying Company as set forth in this Waiver.

I understand Company reserves the right to take photographic and video records of the tour/trip/Event I am participating in, and that such records may be used for promotional or commercial purposes. I am not entitled to compensation for my appearance in these records. I further acknowledge Company cannot

control and is not responsible for the release of photographic images, videos or statements that may be generated or disseminated by other trip/tour participants or third parties.

If I suffer an injury or illness during the trip, and Company deems it necessary to administer emergency first aid or to seek emergency medical care or rescue for me, I give permission for Company to administer and/or facilitate care; secure emergency transportation; or disclose medical information about me to care providers as needed, and I will not have recourse against Company regardless of outcome.

The provisions of this Waiver may be severed so that if any one or more provisions is determined to be illegal or unenforceable in whole or in part, the remaining provisions shall remain binding and enforceable. All matters arising out of or relating to this Waiver shall be governed by and construed in accordance with the laws of Tennessee without giving effect to any choice-of-law or conflict-of-law provision or rule. Any claim or cause of action arising under this Waiver may be brought only in the federal and state courts located in Davidson County, Tennessee, and I hereby consent to the exclusive jurisdiction of such courts. I agree electronic signatures shall be deemed to have the same legal effect as a handwritten signature.

BY SIGNING, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD THIS WAIVER AND I AM AGREEING TO GIVE UP SUBSTANTIAL LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE COMPANY, ALL AS EXPLAINED ABOVE.

Name of Participant (please print): _____

Signature: _____ Date: _____

By signing above, I agree to the terms set forth in this Waiver.

EMERGENCY CONTACT INFORMATION

My Mobile Number: _____

My mobile number will be used for calling and or text messaging in the case there is an emergency with the Event. International data and text messaging may apply. By submitting my mobile number, I agree to receive calls and text messages from Company staff before and/or during the Event.

In case of an emergency involving me, please contact the following individuals:

Name	Phone	This person is / is not travelling with me. Relationship to Me



EMBRACE POSITIVE POTENTIAL