

I AM ART N MOTION LLC Movement-based Classes | Yoga, Dance **Liability Waiver & Release Form**

Assumption of Risk

I understand that participating in yoga, dance or any fitness program with I AM ART N MOTION involves physical movement and exercise, which may carry the risk of injury, strain, illness, or other physical issues. I voluntarily choose to participate, knowing these risks and I accept full responsibility for my participation.

I acknowledge that it is my responsibility to consult with a physician prior to participating in any fitness class or activity, especially if I have a medical condition, injury, or physical limitation. I affirm that I am physically fit to participate in these activities.

- I acknowledge that I will practice recommended health and hygiene measures, including handwashing and maintaining respectful distancing when possible while at the studio space.
- I understand that I will refrain from attending class if I have a fever, difficulty breathing, cough, recent loss of taste or smell, or have had a recent contact with anyone known to be COVID-19 positive.
- I confirm that I am physically and mentally capable of participating in yoga, dance or fitness classes at I AM ART N MOTION's designated movement space.
- I understand that participating in classes or workshops involves inherent risks, including but not limited to physical injury, illness, or exposure to contagious diseases such as COVID-19.
- I accept full responsibility for these risks and agree not to hold I AM ART N MOTION, its owners, instructors, staff, affiliated parties liable for illness, injury or related consequences.
- I understand that yoga, dance and physical fitness require exertion that may exacerbate existing injuries or medical conditions.
- I understand that I should consult with my physician before participating in any class.
- I release, waive, indemnify I AM ART N MOTION, including its affiliates, employees, officers, and owners, from any accidents, injuries, illnesses, damages, or death resulting from participation.
- I affirm that I am 18 years of age or older and mentally capable of signing this waiver.

General Waiver and Release of Liability

In consideration for being allowed to participate in classes, workshops or private sessions at a designated I AM ART N MOTION movement space or virtually, I hereby waive, release, and discharge I AM ART N MOTION, its owners, instructors, employees, and agents from any and all liability for injuries, damages, illnesses, or losses that I may sustain as a result of my participation.

This includes, but is not limited to:

- My own physical condition or health
- Negligence of any instructor or other participant
- Use or misuse of studio equipment or facilities

I agree not to bring any claim or legal action against I AM ART N MOTION or its representative for any personal injury, illness, or property damage arising from participation.

Medical Treatment

In the event of an emergency, I consent to receive medical treatment deemed necessary and agree to be financially responsible for any associated costs.

Acknowledgement

I have read and fully understand this waiver and release. I voluntarily acknowledge and agree with full knowledge of its significance by registering for and participating in I AM ART N MOTION's classes and movement sessions. I understand that this release is binding upon me, my heirs, and legal representatives. By registering and typing my name in the notes section of my digital payment with I AM ART N MOTION, I sign and agree to all terms and conditions stated in this agreement.

I AM ART N MOTION