WAIVER

(Release of liability, waiver of claims, assumption of risks, and indemnity agreement)

Meditation for Beginners

By participating in Meditation for Beginners, I hereby waive any and all claims I may have against Anne Lane and release from all liability and agree not to sue for any personal injury, death, psychological effects, or damage to the person or property or loss sustained as a result of my participation in Meditation for Beginners, such as, but not limited to, the movement/yoga classes, sitting and walking meditations, and/or arising out of or in connection with the use of any services or facilities of Meditation for Beginners, Centreville.

I also understand that the instruction and advice presented by Anne Lane is not meant to be used in place of professional medical or psychiatric advice. I absolve Anne Lane of any liability.

I understand that my mental and physical health is my responsibility. I understand that all of the activities, exercises, and physical and spiritual practices are optional, and I can choose not to participate at any time. I will stop participating and inform the teacher if I feel physically or mentally uncomfortable with any of the activities suggested.

Audio/Video Recording Waiver

By participating in this course, I consent to photography, audio recording, and video recording, and its/their release,
to be used by Anne Lane and Sounds True for educational purposes and certification requirements.

By signing below, I am acknowledging that I have read and understand all of the above.

Course Date(s): _____

Full Name (Please Print)	Signature	Date