
PARTICIPANT AGREEMENT, RELEASE, AND ASSUMPTION OF RISK

In consideration of the services of Sheena Leigh, their agents, officers, volunteers, employees, representatives, and all other persons or entities acting in any capacity on behalf (hereinafter collectively referred to as "FlowinGraceful"), I hereby agree to release, indemnify, and discharge FlowinGraceful, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative, and estate as follows:

1. I acknowledge that my participation in all yoga training and instruction activities as well as participation entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: slips and falls, traction burns, scrapes, bruises, sprains, lacerations, fractures, concussions, or even more severe life threatening hazards, including but not limited to, musculoskeletal injuries including head, neck, and back; nerve damage; injuries to internal organs, the negligence of other participants or persons who may be present; transmissible pathogen or disease; my own physical condition; and the risk of emotional and psychological injuries or physical damage associated with this activity. Traveling to and from classes may raise the possibility of any manner of transportation accidents. In any event, if you or your child is injured, any medical assistance will be at your own expense.

Furthermore, FlowinGraceful personnel have a difficult job to perform. They seek safety but are not infallible. They might be unaware of a participant's fitness or abilities. They may give incomplete warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation is voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless FlowinGraceful from any and all claims, demands, or causes of action which are in any way connected with my participation in this activity or my use of FlowinGraceful's equipment or facilities, including any such claims which allege negligent acts or omissions of FlowinGraceful.

4. Should FlowinGraceful or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

6. In the event that I file a lawsuit against FlowinGraceful, I agree to do so solely in the state of California, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

7. The undersigned waives the protection afforded by any statute or law in jurisdiction whose purpose, substance, cause and/or effect is to provide that a general release shall not extend to claims, material or otherwise, which the person giving the release does not know or suspect to exist at the time of executing this release. This means, in part, that the undersigned is releasing unknown future claims and specifically waives the provisions of California Civil Code Section 1542 which provides: A general release does not extend to claims that the creditor or releasing party does not know or suspect exist in his or her favor at the time of executing the release and that, if known by him or her, would have materially affected his or her settlement with the debtor or released party.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against FlowinGraceful on the basis of any claim from which I have released them herein. I also agree that this document is valid for subsequent visits and participation at FlowinGraceful. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Print Name _____ DOB _____ Phone Number _____

Address _____ City _____ State _____ Zip _____

Email _____ Signature of Participant _____ Date _____

**PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION
(Must be completed for participants under the age of 18)**

In consideration of the following minor(s): (print name(s) and DOB(s)): _____

_____ being permitted by FlowinGraceful to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless FlowinGraceful from any and all claims which are brought by, or on behalf of minor(s), and which are in any way connected with such use or participation by minor(S).

Print Parent or Guardian Name _____ Relation to minor(s) _____

Signature _____ Date _____