



W A I V E R T O P A R T I C I P A T E

I, ----- **HEREBY AGREE TO THE FOLLOWING:**
Individual is aware that participation in a sport or Yoga may result in accident or injury, and Individual assumes the risk connected with the participation in a sport or Yoga and represents that Individual is in good health and suffers from **NO** physical impairment which could limit them. Mesquite Meadows, LLC has not and will not render any medical services including medical diagnosis of Individual's physical condition.

Individual specifically agrees that the owners of Mesquite Meadows, LLC and any guest instructor shall not be liable for any claim, demand, and cause of action of any kind resulting from or related to Individual's participation in any sport or Yoga or presence on the property. Individual agrees to hold **ALL INSTRUCTORS** and owner's Mark and Nicole Swainson of Mesquite Meadows, LLC harmless from all liability for **ANY** reason.

Please note that photos will be taken during the event and these photos could be used for marketing on social media and/or other promotions. By signing below, you consent to this action.

I have read the above release waiver of liability and fully understand its contents.

I voluntarily agree to the terms and conditions stated above.

(Signature of Participant and Date)

(Signature of Parent or Guardian)

Email:-----

Phone:-----