



## Participant Waiver, Release of Liability, and Assumption of Risk

### Longevity Yoga at Eastern Shore Brewing

By registering for and participating in Longevity Yoga with Dr. Leigh at Eastern Shore Brewing, I acknowledge and agree to the following:

#### Voluntary Participation

I understand that my participation in this yoga session is voluntary. I choose to participate knowing that yoga and related physical activity involve movement, balance, strength, and flexibility, and that these activities carry inherent risks.

#### Assumption of Risk

I understand that yoga practice may include physical exertion, stretching, balance challenges, and other movements that could result in injury, including but not limited to muscle strain, joint injury, dizziness, or falls. I knowingly and freely assume all risks, both known and unknown, associated with my participation.

## Health Acknowledgment

I affirm that I am physically able to participate in this activity and that I have no medical condition that would prevent safe participation. I understand that it is my responsibility to consult with a healthcare professional if I have questions or concerns regarding my ability to participate. I agree to listen to my body, modify movements as needed, and stop participation at any time if I experience pain, discomfort, or dizziness.

## No Medical Advice

I understand that this yoga session is intended for general wellness and educational purposes only. It does not constitute medical advice, diagnosis, or treatment. Participation does not establish a patient-provider relationship.

## Brewery Environment

I acknowledge that this event takes place in a brewery setting, which may include concrete floors, brewing equipment, tables, chairs, and other fixtures. I accept responsibility for navigating the space safely. I understand that one complimentary beverage may be included with registration and agree to consume any alcoholic beverage responsibly and in accordance with applicable laws. I understand that alcohol consumption is optional and not required to participate.

## Release of Liability

To the fullest extent permitted by law, I release and hold harmless Dr. Leigh Frame, Eastern Shore Brewing, their owners, employees, agents, volunteers, and affiliates from any and all claims, demands, actions, or causes of action arising out of or related to my participation, including those arising from negligence, except where prohibited by law.

## Personal Responsibility

I agree to follow all instructions provided during the session and to conduct myself in a manner that does not endanger myself or others. I accept responsibility for my personal belongings.

## Consent and Agreement

By registering for this event, I acknowledge that I have read, understood, and voluntarily agree to this waiver and release. I understand that this agreement is binding.

**By completing payment, you acknowledge that you have read and agree to the Participant Waiver and Release of Liability.**