

My Signature below indicates that I have read this entire Waiver and Release of Liability below, and I agree with all its terms.

YOGA, YOGA THERAPY, AND QIGONG WAIVER AND RELEASE OF LIABILITY

This program is brought to you with your well-being and safety in mind.

By joining any Yoga, Yoga Therapy or QiGong session with **Moonlight Vibrational Healing**, whether in-person classes, private lessons, workshops, or video / online classes, private lessons, workshops, you are agreeing to this Waiver and Release of Liability.

When joining an online or video program, you are kindly invited to make sure that you are following it in an environment that is safe for you and people around you. Thank you for making sure that you checked with your doctor that it is safe for you to engage in such in-person or video / online activity. If you have not checked with your doctor, you agree to assume full responsibility to participate at your own risk and in an informed manner.

Make sure that you stay within your zone of comfort at any time. This means that you are invited to adapt or stop any move or posture that is uncomfortable for you, at any time. If you need to sit or take a break, please take it easy and do so. During live online sessions, the instructor may not be able to see you for a number of reasons: if your camera is disabled, for various technical reasons, or because the instructor's view does not show your camera. As such, you should exert extra caution, assuming that the instructor cannot see you, and you are responsible to stay within your zone of comfort. Some sessions are pre-recorded. You understand that engaging in exercise guided by these sessions is at your own risk.

By joining this program, you are confirming that you understand the risks of engaging in physical exercises practiced in a Yoga, Yoga Therapy or QiGong program, and that including physical activities, such programs may be too strenuous and demanding for certain individuals.

Should you feel pain, shortness of breath, chest pain, light headedness, nervousness, dizziness you should STOP and seek immediate medical attention or call 911.

You are also confirming that you will not hold the instructor personally liable for any damage, ill effect or injury, incurred before, during, or after the sessions from this program. You, therefore, release and discharge **Christina Duppstadt, "Moonlight Vibrational Healing"**, as well as the owners/managers of facilities where you attend in-person or virtual sessions, from any liability for injury or loss that you may have by reasons of participating in these programs. You further understand that **Christina Duppstadt, "Moonlight Vibrational Healing"**, as well as the owners/managers of facilities where you attend in-person sessions shall not be liable for the loss or theft of or damage to your personal property.

For any Yoga Therapy sessions, I represent the following

- I provide informational documents to my clients explaining the nature and extent of the services being provided.
- I understand and communicate to my clients that Yoga Therapy is not a licensed healthcare profession in the state or jurisdiction of the State of Texas.

You will release the instructor from any claims, demands and causes of action arising from your voluntary participation in this program, for yourself, your heirs, executors and administrators.

Signed _____

Date _____