

WAIVER, RELEASE AND INDEMNIFICATION FORM

In consideration of Erica Caissie, agreeing to provide me with mindfulness, meditation, breath-work, movement and related instruction services (the “Services”), I, the undersigned, intending to be legally bound for myself, my heirs, executors, administrators, and assigns, do hereby waive, release, and forever discharge Erica Caissie and their officers, directors, employees, volunteers, contractors, agents, representatives, heirs, executors, administrators, successors, and assigns, from all liabilities, actions, claims, demand, damages, costs, and expenses, which I may now or in the future have against them or any of them arising out of or in any way connected with my participation in the Services including but not limited to all injuries including death that may be suffered by me. I understand that this waiver includes, but is not limited to, any claims that are based on negligence or other action or inaction of the above-named parties or any of them. In consideration of said Services, the undersigned indemnifies and holds harmless Erica Caissie, and their officers, directors, employees, volunteers, contractors, agents, representatives, heirs, executors, administrators, successors, and assigns against all liabilities, claims, damages, and expenses of every kind and nature which grow out of or are in any way connected with the Services.

I understand and am aware that any form of movement, including yoga poses and breathwork, are potentially risky activities. I also understand that movement activities involve a risk of injury or distress, and I am voluntarily participating in these activities with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or distress.

I understand that I am not obligated to perform nor participate in any activity that I do not wish to do, and that it is my right to refuse such participation at any time during the Services. I understand that should I feel uncomfortable, lightheaded, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the activity and inform Erica Caissie.

I understand that Erica Caissie and its staff, contractors and content-providers are not licensed medical care providers and are not rendering personal medical advice or treatment. I understand that the information, advice and practices offered by Erica Caissie are in no way guaranteed to heal or otherwise remedy any specific health problem for any specific individual. I understand that no specific outcome or result of the Services are guaranteed.

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in the Services.