

MINDFUL MOVEMENT

Waiver and Release Form

Because physical exercise can be strenuous and subject to risk of serious injury, I encourage you to obtain a physical examination and medical consent from a doctor before using any exercise equipment or participating in any exercise activity, including exercises and equipment used by Nicole “Naya” Calmels or Mindful Movement. You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. You agree that you are voluntarily participating in these activities and the use of the facility and premises, and assume all risks of injury, illness, or death. You agree that you are personally and solely responsible for any loss or damage to your personal property.

You acknowledge that you have carefully read this “waiver and release” and fully understand that it is a release of liability. You expressly agree to release and discharge Nicole “Naya” Calmels and Mindful Movement from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring legal action against Nicole “Naya” Calmels or Mindful Movement for personal injury or property damage.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content fully and that this release cannot be modified orally.

Client signature:

Client printed name:

Witness signature:

Witness printed name:

Date: _____