

Agreement of Release and Waiver of Liability Form for your online participation in Peace Inside Live.

By signing this form, you will be indicating that you understand the risks and take responsibility for your total well-being. We ask that if anything of concern arises for you during our programming that you reach out for help to one of the facilitators in the Zoom chat and to also email peaceinsidelive@gmail.com.

INDEMNIFICATION: By execution of this agreement, you hereby agree to indemnify and hold harmless facilitators and Peace Inside Live from any loss, liability, damage, or cost, you may incur due to the provision of exercises, breathing work, meditations, or yoga training by facilitators to you.

ACKNOWLEDGMENTS: You expressly agree that the foregoing release, waiver, assumption of risk and indemnity agreement is intended to be as broad and inclusive as permitted by California law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. You acknowledge that facilitators offer a service to his/her clients encompassing the entire recreational and/or fitness spectrum. This release is not intended as an attempted release of claims of gross negligence or intentional acts.

I hereby agree to the following

1. I represent that I am at least 18 years of age.
2. I am participating in the Peace Inside programming during which I will be given the choice to participate in
3. somatic practices, emotional freedom technique, yoga, pranayama (breathing exercises), meditation and other activities. I recognize that these activities require physical exertion that could cause physical injury, and I take responsibility for my own choices and well-being.
4. I will not push my body too far and will ask for support if needed. Yoga, breathing exercises and meditations and other exercises are not a substitute for medical care of any kind or diagnosis. I understand this can work well in conjunction with traditional medical care but is never a substitute. I affirm that I alone am responsible to decide on my level of participation. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Peace Inside Live
5. I knowingly and voluntarily waive any claim I might have against Peace Inside Live and its facilitators for injury or damages that I may sustain as a result of participating in this program. I agree on behalf of myself (and all personal representatives, heirs, executors, administrators, agents, and assigns) to release and discharge facilitators (and affiliates, related entities, employees, agents, representatives, successors, and assigns) from any and all claims or causes of action (known or unknown) arising out of the negligence of facilitators, whether active or passive, my or their ability or non-ability to participate in yoga, meditation or exercises, or any of the facilitators' affiliates, employees, agents, representatives, successors, and assigns. This waiver and release of liability includes, without limitation, injuries which may occur as a result of (a) my participation in online classes (b) negligent instruction or supervision.
6. I understand that if I choose to have my video on and I ask a question of the facilitator that my name, image and voice will appear in the archived video of the class. By doing this, I grant Peace Inside Live permission to use my likeness in a photograph, video, or other digital media ("photo") in any and all of its publications, including web-based publications, without payment or other consideration. In addition, I waive any right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the video

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

Printed Name:

Signature:

Date: