

June 3, 2023

yes/ no thanks Dated Dec. 4/22

Unleash Your Inner Peace - Teresa Montalbo Yoga +

Agreement of Release and Waiver of Liability Form for all forms of Reiki, Yoga, and Meditation
Updated Feb 5, 2023 - This waiver is for ALL Yoga Classes attended by the signees in 2023

By RSVP-ing/ clicking the box to RSVP on the online forms, I hereby agree to the following:

- Disclaimer: 291355998 Ontario Inc. operated as "Unleash Your Inner Peace", recommends that you consult your physician regarding the applicability of any recommendations and follow all safety instructions before beginning any exercise or mediation program. When participating in any exercise program, there is the possibility of physical injury. If you engage in this exercise, meditation, or exercise program, you agree that you do so at your own risk, and that you are voluntarily participating in these activities. You further agree that you assume all risk of injury to yourself, and you release 29135598 Ontario Inc., Teresa Montalbo, and all property owners of on-site classes, Alchemy Yoga and Wellness Studio, and all of its owners, directors, employees and instructors from any liability resulting directly or indirectly from your participation in this exercise or exercise program.
- That I am participating in a yoga class or workshop taught by Teresa Montalbo, during which I will receive information / instruction about yoga positions. I recognize that some of the positions may require some physical exertion and/or deep relaxation. I am fully aware of the risks of working outside of my physical limitations which can lead to physical harm and of working on inside (emotional responses)
- I understand that it is my responsibility to consult with a physician and my healthcare team prior to my in class or online participation. I am aware of my medical conditions which prevent my full participation in this situation and I assume personal responsibility for my health and well-being.
- I agree to assume full responsibility for any risks, injuries or damages known or unknown, which I might incur as a result of participating in any yoga, reiki, sound healing/hearing loss or relaxation programs with yogi tea or workshops with Teresa Montalbo, including any hot or warm temperatures. These may include and are not limited to- trips, falls, sprains, allergies, covid 19, emotional/psychological responses, or strains.
- I knowingly, voluntarily and expressly waive any claim that I may have against Teresa Montalbo, Unleash Your Inner Peace or property owners of on-site classes, it's instructors, staff, owners, and operators for any injury, death and damages that I may sustain as a result of participating in a yoga class with yogi tea, reiki session, sound healing, or workshop face-to-face and/or online.
- I release and discharge Teresa Montalbo, Unleash Your Inner Peace, Alchemy Yoga and Wellness Studio, property owners of class locations, from any of its liability, claim, demand, or action that I may have been caused by the negligence of the released party.

I have read the above release and waiver of liability and fully understand its contents.
If you are under the age of 18, please have your parent or guardian sign on your behalf.

Print Name	Sign	Dated
		Feb 5, 2023
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