Waiver of Liability, Assumption of Risk, and Indemnity Agreement

By signing this agreement, I acknowledge that I have voluntarily chosen to participate in the *Flow & Flourish Retreat* organized by Lucia Faces and Sam Hittle (hereafter referred to as the "Organizers"). I recognize that participation in activities offered during the retreat, including but not limited to yoga, meditation, movement, outdoor excursions, and workshops, may involve physical exertion and inherent risks.

I hereby acknowledge and agree to the following:

1. **Voluntary Participation**
   I understand that my participation is entirely voluntary and that I may withdraw at any time.

2. **Assumption of Risk**
   I acknowledge that there are potential risks, including injury or accidents, that may arise from my participation in retreat activities. I accept full responsibility for any and all injuries or damages that I may sustain as a result of participation, whether caused by negligence or otherwise.

3. **Health and Medical Conditions**
   I certify that I am physically, mentally, and emotionally capable of participating in the retreat. I agree to inform the Organizers of any relevant health conditions, allergies, or physical limitations in advance.

4. **Release and Waiver of Liability**
   I hereby release and hold harmless Lucia Faces, Sam Hittle, their agents, employees, contractors, volunteers, and any associated venues from any and all claims, demands, causes of action, or liabilities related to injury, illness, loss, or damage arising out of or in connection with my participation in the retreat.

5. **Indemnification**
   I agree to indemnify and defend the Organizers against any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney's fees, arising out of my involvement in the retreat.

6. **Photography & Media Release**
   I consent to the use of photos or videos taken during the retreat for promotional or marketing purposes, unless I provide written notice stating otherwise prior to the retreat.

7. **Severability**
   If any part of this waiver is found to be unenforceable, the remaining provisions shall remain in full force and effect.