



ASSUMPTION OF RISK, HEALTH WARRANTY, RELEASE AND WAIVER OF LIABILITY

Please read, date, sign and print your name at the bottom of Page 2.

Bring the completed Release and Waiver of Liability with you if invited for an interview-audition.

I fully understand, comprehend and acknowledge that Karma Kick Fitness, LLC recognizes that the universal principles and practices of Yoga are very personal and subject to private interpretation and individual experience and I understand that no claim is made regarding the curative effects of Yoga for any existing or pre-existing medical condition.

I fully understand, comprehend and agree that while progress in Yoga, as in any other type of exercise, does require that I work diligently and exert effort in an optimal manner in order to build strength and flexibility, I will proceed through my practice at my own pace, understanding and honoring my limitations while participating in the physically active portions of the Karma Kick Fitness 200-Hour Yoga Teacher Training Program.

I fully understand and comprehend that there is no way for any person other than my own self to gauge my innermost constitution of health in mind, body and spirit and that I am the sole, accountable judge and ultimate arbiter of my own limitations and health conditions. I therefore make acknowledgement that I must take necessary steps to get enough rest and/or sleep the night before a training session, the day of the training session, the day after the training session and further acknowledge my responsibility to remain well-nourished and thoroughly hydrated before, during and after all training sessions especially if training takes place outdoors, or during any special excursions away from the training facility. **I further fully understand, agree and promise that** I will respect my own body's limitations on a continual basis and respond accordingly when signs of overexertion, or fatigue become apparent by taking a rest before continuing with my practice, or any other exercise.

I fully understand, comprehend and agree that participation in the Karma Kick Fitness 200-Hour Yoga Teacher Training Program naturally involves the risk of injury to me. Furthermore, **I fully understand, comprehend and agree that** specific risks include injuries resulting from over-exertion, heat exhaustion, physical adjustment, improper, or negligent use of props and equipment, failure to follow trainer instructions, or injuries resulting from my participation at an inappropriate level of physical exercise. As such, I understand and voluntarily accept these risks.

I fully understand, comprehend and agree that I am fully aware of my present state of health. **I fully understand, comprehend and agree that** I represent that I am in good health, NOT pregnant, nor expect to be pregnant during the course of the program, am at least 18 years of age, have the necessary current medical approval to engage in physical exercise, yoga and teacher training classes and have no disability, impairment, injury, surgical side-effect, disease, or ailment which would cause risk of injury, or adverse health consequences as a result of engaging in physical exercise and yoga instructional classes and teacher training. **I fully understand, comprehend and agree that** this program is not designed for ill, injured or pregnant persons male or female and if I become ill, injured or pregnant during training I will immediately notify Karma Kick Fitness, LLC and remove myself from the program if necessary and I will NOT seek admission into this physically rigorous yoga training program until healed or at least three months after the course of my pregnancy has come to term AND I have obtained a medical release from an accredited OB-GYN physician.

I fully understand, comprehend and acknowledge that the facility where I am taking my training and Karma Kick Fitness, LLC ("Karma Kick Fitness"/"KarmaKick Fitness"/"Karma Kick Yoga"/"KarmaKick Yoga"/"Karma Kick Tai Chi"/"KarmaKick Tai Chi"/"Karma Kick Pilates"/"KarmaKick Pilates"/ or any other modality represented under the "Karma Kick Fitness" name and "KarmaKick" trademark) are relying on the accurate representation described in the full foregoing paragraph and I understand that neither the facility where I am taking my training nor Karma Kick Fitness, LLC will be held liable or accountable for any misleading statements or any willful and deliberate misrepresentation on my part.

I fully understand, agree and acknowledge that full medical disclosure and accountability is my responsibility alone and that neither the facility where I am taking my training nor Karma Kick Fitness, LLC will on my behalf take steps to investigate, or certify the intricate details my health, diseases, illnesses, or my level of fitness to participate in physical exercise and yoga instructional classes and teacher training.





ASSUMPTION OF RISK, HEALTH WARRANTY, RELEASE AND WAIVER OF LIABILITY

RELEASE AND WAIVER OF LIABILITY: In consideration of my participation in the Karma Kick Fitness 200-Hour Yoga Teacher Training Program, I, individually and on behalf of my relatives, legal representatives, legal guardians and assigns, agree not to sue and hereby agree to defend, indemnify, release and hold harmless the facility where I am taking my training and Karma Kick Fitness, LLC and each of their respective shareholders, owners, investors, officers, directors, members, employees, contractors and agents, and the owner of the facilities (the "Facilities") where the 200-Hour Yoga Teacher Training Program occurs (collectively, the "Releasees") from all actions, claims, demands, suits, losses, liabilities, charges, expenses (including, without limitation, medical and attorneys' fees), and costs of any nature whatsoever which may arise out of, relate to, or result from, any injury, economic loss or any damage to me or my guest or relatives resulting from my participation in physical exercise and yoga instructional classes and teacher training at the Facilities, entry into and egress from the Facilities and the common areas including maintenance, repairs, construction, detours, equipment, decorations, loose tiles, structural issues, structural challenges, stairs electric and stairs non-electric, lifts, elevators, neighboring streets and municipal areas and actions thereof including maintenance, repairs, construction, detours, utility equipment, decorations, potholes, unpaved streets and other actions passive and impassive, use of the equipment, facilities or services at the Facilities, the negligence of the facility where I am taking my training or Karma Kick Fitness, LLC, or anyone at the facility where I am taking my training or Karma Kick Fitness, LLC's behalf or anyone using the Facilities or Karma Kick Fitness, LLC's equipment, facilities or services, except such as may arise out of the gross negligence or willful misconduct of the Releasees. This release and waiver of liability (this "Release") is intended to be a complete release of any responsibility including any past, present and future claims for personal injuries and/or property loss/damage sustained by me while at the Facilities, whether using exercise equipment, participating in active or passive exercise, or not, or perpetrated by any colleague or persons at the facility and surrounding areas out of the jurisdiction of the facility. I understand that this Release is intended to be as broad and inclusive as is permitted by the laws of the jurisdiction applicable to the facility where I am taking my training and that if any portion of this Release is held invalid, I agree that the balance of this Release should continue in full force and effect from the beginning of the teacher training program until well beyond my graduation, or termination from this teacher training program across undefined time frames and extended measures of past, present and future time within and on behalf of all jurisdictions, properties and territories known and unknown as well as all parties known and unknown.

Date

Signature

Print Name

