

**Waiver for Phoenix Tai Chi Centre classes  
in person, on Zoom and/or outdoors**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Prov, Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

In case of emergency, notify: \_\_\_\_\_

I recognize that there is an inherent risk in participating in any exercise including Tai Chi/ Taiji and Chi Gung/Qigong. By my attending classes, seminars, workshops, whether online classes, viz. the Zoom platform, or in outdoor settings, I fully release and discharge Phoenix Tai Chi Centre and any person connected with Phoenix Tai Chi Centre from any liability for injury or loss that the undersigned have incurred as a result of participating in these classes. I further understand that Phoenix Tai Chi Centre shall not be liable for the theft or loss or damage to the personal property of the undersigned.

Further, I understand that Tai Chi/Taiji and Chi Gung/Qigong, being physical activities, may be too strenuous and demanding for certain individuals and that it is suggested that if I have any doubts, I consult a physician before engaging in these exercises, or other related activities.

Signature of Participant: \_\_\_\_\_

Date: \_\_\_\_\_

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