

Waiver of Liability and Appearance Release

While Mindfulness Meditation has been proven to be overwhelming beneficial for most people, I recognize that for some there may be risks in undertaking this training. I personally and fully assume responsibility for this risk. Classes may include periods of gentle physical activity in addition to sitting meditation. If I have any concerns about my physical or mental health, I will inform the teacher, in writing, of my concerns and consult a physician before engaging in any of these activities.

I waive and release any and all claims to any damages I may have against the teacher and the location, arising out of the training and the location, in the classes in which I am applying to participate, for any and all injuries sustained during classes, whether or not damage or injury is sustained through negligence. I further waive and release any claim to damages I may have against the teacher, and location, as to any and all injuries sustained on their property on in any public location whether or not damage or injury is sustained through negligence. This release includes all associated or affiliated individuals or entities.

I hereby consent to photography, audio and video recordings of my person, during the training sessions, for singular use or in conjunction with other photographs and/or recordings for advertising, publicity, commercial or other business purposes. I consent to my appearance being used without compensation for use in any and all media.

I, _____ have read this release and agree to its terms.

Print name _____

Signature _____

Date _____