



7 Stones Yoga & Wellness - Release of Liability Waiver

I, _____, hereby acknowledge that I am voluntarily participating in yoga and wellness activities provided by 7 Stones Yoga and Wellness. In consideration for being permitted to participate in these activities, I hereby agree to the following:

1. ****Assumption of Risk****: I understand that participating in yoga, meditation, breathwork, massage therapy, and other wellness activities involves inherent risks, including but not limited to physical injury, emotional distress, and property damage. I voluntarily assume all such risks.
2. ****Release and Waiver****: I hereby release, waive, discharge, and covenant not to sue 7 Stones Yoga and Wellness, its owners, instructors, employees, and affiliates (collectively referred to as "Released Parties") from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, while participating in the activities provided by 7 Stones Yoga and Wellness.
3. ****Indemnification****: I agree to indemnify and hold harmless the Released Parties from any loss, liability, damage, or costs, including attorney fees, that they may incur due to my participation in the activities provided by 7 Stones Yoga and Wellness.
4. ****Medical Consent****: I certify that I am physically fit and have no medical conditions that would prevent my participation in these activities. In the event of injury or illness, I authorize the staff of 7 Stones Yoga and Wellness to administer first aid and, if necessary, seek emergency medical treatment for me.
5. ****Photography and Publicity****: I consent to the use of photographs, videos, or other media taken during my participation in 7 Stones Yoga and Wellness activities for promotional purposes, including but not limited to website content, social media, and marketing materials.
6. ****Acknowledgment of Understanding****: I have read this release of liability waiver and fully understand its terms. I understand that I am giving up substantial rights, including my right to sue, and acknowledge that I am signing this waiver freely and voluntarily.

By signing below, I acknowledge that I have carefully read and fully understand the contents of this release of liability waiver and voluntarily agree to its terms.

Participant's Name: _____

Participant's Signature: _____

Date: _____

Parent/Guardian Signature (if participant is under 18 years old):
