



www.mymindfulsoulutions.com 715-222-5100 Mindful SOULutions

AGREEMENT & LIABILITY RELEASE NOTICE

Before participating in this or any other wellness, health & fitness program, individuals should consult with a physician.

VOLUNTARY PARTICIPATION

I, the undersigned, acknowledge that I have voluntarily chosen and requested to participate in the health & fitness program.

ACKNOWLEDGMENT

I am aware that participation in the wellness, health & fitness program may be hazardous. I acknowledge that a certain minimum level of physical health, strength, fitness, and flexibility will be required. I represent that I possess the level of health, strength, fitness, and flexibility necessary to participate in these activities. I am voluntarily participating in these activities with knowledge of the risks of injury. I assume all responsibility and liability for any and all injuries I may sustain due to my participation in these activities.

RELEASE

In consideration for being permitted to participate in the wellness, health & fitness program, I agree that I, my heirs, assignees, guardians, and legal representatives will not make any claim against, sue, or attach the property of, Mindful SOULutions, Tonya Schmitt, Diatia, Lisa Dempsey, substitute teachers, or participants in the wellness, health & fitness program, for injury or damage resulting from my participation in such wellness, health & fitness program. I release Mindful SOULutions, Tonya Schmitt, Diatia, Lisa Dempsey, substitute teachers, and participants, their agents and heirs, from any and all actions, causes of action, lawsuits, claims, or demands that I, my assignees, heirs, guardians, and legal representatives now have or hereafter may have for any and all injury, illness, loss of or damage to property associated with my participation in the wellness, health & fitness program. I have carefully read this agreement and fully understand its contents. I have signed this release freely and voluntarily. I am aware and agree that it is a complete release of liability for any injuries or damages I may sustain due to the wellness, health & fitness program with Mindful SOULutions, Tonya Schmitt, Diatia, Lisa Dempsey and all such instructors, and participants.

SIGNATURE: _____ DATE: _____

PRINTED NAME: _____

