Paddle Life and Yoga

AWARENESS OF RISKS

* I acknowledge that the instruction offered by Paddle Life and Yoga is limited to that of instruction in basic yoga and pilates.
* I acknowledge that there are risks associated with participation in the activities and programs offered or sponsored by Paddle Life and Yoga. I have informed myself and understand the risks associated with my participation in these activities and programs and (where applicable) my use of the facilities, including the risk of personal injury, and I freely accept these risks.
* I understand that I am free to withdraw from or reduce my participation in the activities and programs offered or sponsored by Paddle Life and Yoga at any time.
* I am not aware of any medical condition that would affect my ability to participate in the activities and programs offered or sponsored by Paddle Life and Yoga. If I have any concerns about my medical condition. I will consult with my physician before participating in the activities and programs offered or sponsored by Paddle Life and Yoga.
* I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this Challenge. I understand that results are individual and will vary. Furthermore, I hereby agree to indemnify, defend, and hold harmless Tania Mercuri, PaddleLife and Yoga and her heirs, family members and property from against any and all claims, liability, loss, damage, expense, costs of any kind on account of injury to me or on account of my death or loss of or damage to property or other persons arising from the activities I engage in as part of my participation in this Challenge (including without limitation attorney fees, costs, and expenses of any litigation, arbitration or other proceeding).

RELEASE AND WAIVER

In consideration of the acceptance of my registration for the activities and programs offered or sponsored by Paddle Life and Yoga , I hereby for myself, my heirs, executors, administrators, or any others who may claim on my behalf, promise not to sue, and hereby waive, release and discharge Paddle Life and Yoga and anyone acting for or on its behalf, from any and all claims of liability for personal injury, illness, loss of life or property damage of any kind or nature, arising out of or sustained in the course of my participation in the activities and programs offered or sponsored by Paddle Life and Yoga or attending any related events both on and off of the premises. This Release and Waiver applies to all claims, foreseen or unforeseen, including negligence and breach of statutory or other duty of care (including that owed under The Occupier's liability Act). I agree that this Agreement and Release and Waiver is intended to be as broad and inclusive as permitted by law. Any provision found to be invalid or unenforceable by a court shall not affect the validity or enforceability of any other provision. I have read this document carefully and acknowledge that I have complete knowledge and understanding of its contents. I recognize that by acknowledging this document I am waiving certain legal rights, including the right to sue. I am acknowledging this document voluntarily.

Nutrition and Physical Assumption of Risk

I am aware this program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide this is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle. As such, the information should be used in conjunction with the guidance and care of your physician. I clearly understand that I must consult your physician before beginning this program as you would with any NUTRITION or exercise program. Only a doctor, familiar with my personal medical history is qualified to give me medical advice.

By utilizing the nutritional guidance contained herein, I recognize that despite all precautions on the part of Tania Mercuri, Paddle Life and Yoga. There are risks of injury or illness which can occur with any program and i assume such risks and waive, relinquish and release any claim which I may have against Tania Mercuri, Paddle Life and Yoga or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this nutritional guide and exercise program for personal use.