



~Release of Liability~

All information is provided for individuals to use at their own risk using their limitations, personal judgement, and health care provider's consent.

Any links to third party sites provided by **Critical Movement YYC** is for convenience only and does not imply any endorsement of those sites, products, or services provided at those sites.

Critical Movement YYC and affiliates do not share, sell, or rent any user's information to any third party unless otherwise requested by user.

By signing this waiver it implies that the user had read and accepts this disclaimer:

I acknowledge and affirm that I am competent to decide whether or not to participate in group, private, or online movement classes and I will make an informed choice before doing so.

I hereby agree to the following:

- I am fully aware of the risks and hazards involved in practicing yoga, movement, and fitness-related modalities with **Critical Movement YYC**, whether online or in person.
- I understand that it is my responsibility to consult with a physician prior to and regarding my participation in group, private, or online classes, workshops, retreats and physical activities or programs offered through **Critical Movement YYC**.
- I represent and warrant that I am physically fit and I have no medical condition(s) that would prevent my full participation in group, private, or online classes, workshops, retreats and physical activities offered by **Critical Movement YYC**.
- I will update **Critical Movement YYC** as to any changes in my medical condition.
- In consideration for being permitted to participate in group or private online yoga classes, workshops, retreats and physical activities, I agree to assume full responsibility for any risks,

injuries or damages, known or unknown, which I might incur as a result of my participation. In further consideration, I knowingly, voluntarily and expressly waive any claim I may have against **Critical Movement YYC**, its owners, instructors, workshop and retreat presenters, independent contractors, employees, volunteers, and representatives, for any injury or damages that I may sustain as a result of my participation.

- I will not engage in any inappropriate conduct that could result in injury to myself or others.

- I will not now or anytime in the future bring legal action against **Critical Movement YYC**, and this waiver is binding on me, my heirs, my spouse, my legal representatives, and my successors. I agree that this agreement shall be governed by the laws and if any conflict arises between me and **Critical Movement YYC**, I will attempt mediation before submitting my dispute to binding arbitration.

-If I am pregnant, become pregnant, or am post-natal my signature (electronic or in person) verifies that I have consulted my doctor and received my doctor's full approval to participate in movement/fitness training, online sessions (live or recorded), and activities offered by **Critical Movement YYC** and affiliates.

By submitting this waiver, I acknowledge that I have read the above release and waiver of liability and fully understand its contents and voluntarily agree to all of the terms and conditions.

DATE _____

NAME _____

EMAIL _____

SIGNATURE _____