



LIABILITY WAIVER MINDFUL LIVING, LLC

I hereby agree to the following:

1. I am participating in classes or services during which I will receive information and instruction about meditation, as well as participate in group meditation and discussion. I recognize that I may also choose to do physical movement, such as sitting and walking meditation. I represent and warrant that I have no physical or mental health condition that would prevent my safe participation in these classes or services.
2. I further understand that the meditation classes or services offered by Mindful Living, LLC are not a substitute or replacement for professional medical or psychological care.
3. In consideration of being permitted to participate in the meditation classes or services, I agree to assume full responsibility for any risks, injuries or damages, known and unknown, which I might incur as a result of participating in classes or services.
4. In further consideration of being permitted to participate in the meditation classes or services, I knowingly, voluntarily, and expressly waive any claim I may have against representative of Mindful Living, LLC, the class instructor, the owner, or the leaseholder of the building for injuries or damages that I may sustain as a result of participating in classes or workshops.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Print _____ Date _____

Sign _____