

**** LIABILITY RELEASE ****

By participating in Antigravity classes at Aerial Ananda at Sound Body & Mind you agree that it is your responsibility to know that you are physically healthy enough to practice prior to your participation in any class or workshop held here.

Your responsibilities:

- > Take your time, relax and enjoy
- > DO let your instructor know if you have any limitations
- > DO NOT overdo it
- > DO NOT exercise if you don't feel well
- > DO NOT practice on a full stomach or under the influence of alcohol
- > DO NOT stretch beyond muscle tension to pain
- > DO NOT compete with anyone
- > DO report any unusual symptoms you may experience before, during or after class

You hereby agree to the following:

- 1) I represent and warrant that I am physically fit and have no medical condition which would prevent my full participation in the yoga/Antigravity class/workshop.
- 2) In consideration of being permitted to participate in the yoga/Antigravity class/workshop, 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 the program.
- 3) In further consideration of being permitted to participate in the yoga/Antigravity class/workshop I knowingly, voluntarily and expressly waive any claim I may have against Kelly McCormack/Aerial Ananda/Sound Body & Mind/Staff

I accept the rules and regulations set forth. I consent to participate in the yoga/Antigravity classes/workshops offered by Aerial Ananda LLC at my own risk.

Please sign to accept: (If under 18 years of age, parent/guardian must sign)

_____ Date: _____

PHOTO RELEASE: I give Aerial Ananda LLC and Kelly McCormack permission to publish in print, electronic or video format the likeness or image of myself and/or my child. I release all claims against Aerial Ananda with respect to copyright ownership and publication including any claim for compensation related to use of the materials.

Please sign to accept: _____ Date: _____

Print Name of Participant _____

Email: _____ Phone #: _____

EMERGENCY CONTACT: Name: _____

Relationship: _____ Phone #: _____