



www.ihealandgrow.com

New Student Registration. Please complete this form entirely.

Today's Date: ____/____/____

STUDENT INFORMATION

First name _____ Last name _____

Address _____

City* _____ State _____ Zip _____

Gender (Circle): M F D.O.B. ____/____/____ Phone: ____ - ____ - _____

Email _____ (please print neatly!)

Would you like to receive email updates from ihealandgrow.com? (Circle one): Yes No

Agreement of Release and Waiver of Liability

This form covers all classes offered by ihealandgrow.com. **Please fill out the following, being sure to read and initial each paragraph.**

I, _____, hereby agree to the following:

That I am participating in Yoga, Other Programs or Workshops, or Therapies offered by ihealandgrow.com during which I will receive information and instruction about healthy and safe practice. I recognize that these classes and workshops may require physical exertion, which may be strenuous and could result in physical injury, and I am fully aware of the risks and hazards involved.

_____.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in Classes, Workshops and Therapies. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in these Classes, Workshops & Therapies. (Doctor's release may be required for certain Programs). _____.

I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program. **I agree to inform my instructor/teacher of any physical limitations, physical discomfort and/or injuries before or during classes**, and I take full responsibility for nondisclosure. ____.

In further consideration of being permitted to participate in Classes, Workshops, Programs & Therapies, I knowingly, voluntarily and expressly waive any claim I may have against ihealandgrow.com for injury

or damages that I may sustain as a result of participating in this program. ____.

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

Signature of Participant: _____ Date: ____/____/____

If participant is under 18:

As legal guardian of _____, I consent to the above terms and conditions.

Signature of Guardian: _____ Date: ____/____/____

Help us to get to know you better (optional):

1. How long have you been practicing yoga? _____

2. What are your goals in your yoga practice? (e.g., stress, relief, fitness, mindfulness, etc.)

3. What is important to you in a yoga studio? _____

4. Do you have any injuries or health issues that we should be aware of? (Circle): Yes No

Please describe: _____

5. How did you hear about ihealandgrow.com? _____

LIABILITY WAIVER AGREEMENT

Why You're Reading This Document

The purpose of this release and waiver (the "Waiver") is to openly communicate the risks of practicing yoga together, either in person or online, and have you release ihealandgrow.com of any liability. Please be aware that if you do not sign this Waiver and agree to its terms, we will not let you participate in our classes.

If you are under the Age of Majority in Illinois (18 years old), your legal guardian must also sign this Waiver on your behalf.

PLEASE READ CAREFULLY, UNDERSTAND FULLY, AND ASK QUESTIONS IF ANYTHING IS UNCLEAR. WE ARE HERE TO SUPPORT YOU. MAKE SURE YOU UNDERSTAND THIS WAIVER. BY SIGNING THIS YOU AGREE YOU ARE SIGNING AWAY YOUR LEGAL RIGHTS AND YOU AGREE TO BE BOUND BY ALL THE TERMS OF THIS AGREEMENT.

1. Parties. We will refer to ihealandgrow.com a company registered in the State of California, as "ihealandgrow.com", "us" or "we" and we will refer to you, the undersigned (electronically or by hand) or person who has clicked "I Agree to the above terms", as "you" or "your".

2. The Activities. You will be participating in yoga, exercise and wellness classes at ihealandgrow.com. We offer various types of yoga and exercise classes, including vinyasa, yin, restorative, hatha, universal, prenatal, aerial yoga, meditation, and more, all of which may involve but are not limited to the following (the "**Activities**"):

2.1 Yoga poses, resistance and strength training, body weight exercises, inversions, breathing exercises, meditation, and chanting. The constant in all of the movement classes is that the activities involve stretching, performing yoga poses and other physical exercise. Aerial yoga classes may also incorporate elements of Pilates and dance with the use of a hammock. The Activities may involve receiving adjustments from instructors, so please advise in advance if you do not want adjustments.

2.2 Wellness and non-movement Activities involving therapy.

2.3 The Activities also apply to any yoga and exercise classes which are made available for online streaming and participation or that take place outside of ihealandgrow.com's facilities, including outdoors. As these classes will be taking place outside of ihealandgrow.com's facilities, we need you to acknowledge that you are responsible for the safe facilitation of the Activities.

3. Equipment. In the course of the Activities, you may use a variety of equipment, including but not limited to: yoga blocks, bolsters, blankets, sand bags, straps, mats, resistance bands, pillows, dumbbells, foam rollers, folding chairs, inversion benches, massage balls and aerial hammocks (the "**Equipment**"). You are not permitted to bring in or use any outside aerial hammocks during the Activities at ihealandgrow.com or use any equipment other than as instructed by us.

4. Inherent Risks. You understand that participating in the Activities poses inherent risks, some more obvious/serious than others. These risks can result in serious harm and injuries that could change your quality of life and, in very rare and extreme circumstances, may even result in death.

4.1 Injuries include but are not limited to things like muscle tears, strains and other musculoskeletal injuries, sprains, broken bones, cardiovascular complications, dehydration, dizziness and fainting.

4.2 Exposure to and contraction of COVID-19 or other communicable diseases passed on via other participants and use of shared space, surfaces, or Equipment.

4.3 There are additional risks posed by participating in the Activities online, as there is no in-person supervision or space provided for you, and you will therefore need to ensure the safety of the Activities, using your judgment how to best practice them, not pushing yourself too far or attempting anything you feel unsure how to perform.

4.4 There may be other reasonable risks posed for Activities performed outdoors, such as sun exposure and risk of dehydration, insects, exposure to COVID-19, pollutants as well as other environmental factors. You understand and agree that is your responsibility to ensure a safe space and environment to perform the Activities.

5. Affirmation of Health. By participating in any Activities at ihealandgrow.com, you affirm that you have sought medical advice regarding your fitness to practice both traditional and aerial yoga. If you have not sought such advice, you must be certain that your medical and fitness levels are sufficient to participate in advanced level yoga and aerial yoga.

5.1 COVID-19 / Infectious Disease. As it pertains to communicable diseases, you acknowledge that every time you participate in the Activities you are affirming that you are healthy and that you do not present an increased risk due to COVID-19 or other infectious diseases. If you are suffering from symptoms of a communicable disease or are unsure of your health and ability to practice the Activities, please consult with your doctor and do not visit our studio or participate in our Activities. We are all in this together and it is important that we follow guidelines on social distancing, hygiene practices, and act with kindness and responsibility towards each other in order to ensure everyone's safety.

6. Voluntary Assumption of Risk. You have read this Waiver and understand the risks of participating in the Activities with ihealandgrow.com. Your signature below, electronic signature or clicking 'I Agree', and your participation in the classes at ihealandgrow.com illustrates your voluntary engagement and assumption of the risks of the Activities.

7. Release, Waiver and Indemnity. You hereby release ihealandgrow.com its members, directors, officers, contractors, employees, volunteers, agents, executors, administrators, successors, family members and assigns (the "**Released Parties**") from any liability and damages arising from death or personal injuries, including the contraction of COVID-19 or other communicable diseases, however caused including as a result of ihealandgrow.com's negligence, during your participation in the Activities at ihealandgrow.com. You are releasing the Released Parties at your own risk and you agree to forfeit any and all forms of legal recourse which may be available to you, including but not limited to any form of damages, as a result of your participation in the Activities. You agree that these provisions above apply to you, your family, heirs, executors or anyone else who may be able to bring a legal action on your behalf in the future.

8. Media Release. By being a student at our studio, you agree to grant us the irrevocable right to use your image, likeness, photographs, video content, audio recordings of you captured in our studio or that you share with us online (via your own or others posting of you) as part of our online streaming, marketing and sales throughout the world and in perpetuity. You also release us from all claims you may have relating to the use mentioned in this section. Please let us know if you ever want us to stop using an image of you.

9. Continued Agreement. Agreement to this Waiver will act as your continued agreement to all ensuing classes, sessions and/or workshops whether in person, online, or via video conferencing tool.

10. General Legal Provisions. Jurisdiction. This Waiver will be governed exclusively by the laws of the State of Illinois. **Severability.** If any provisions of this Waiver are invalid or unenforceable, the other provisions in the Waiver will remain in full force and effect. **Entire Agreement.** This Waiver constitutes the entire agreement between the parties and replaces any prior agreements. **Headings.** The headings used in this Waiver are for stylistic purposes only and none of the content in the headings are intended to be legally binding. **Online Agreement.** We agree that this Agreement may be signed electronically or agreed to by having you click "I Agree", the effect of which will be the same as signing by hand and the intention of which is that both parties desire to be bound by all the terms of the Agreement.

Thank you for communicating honestly with us. We look forward to enjoying yoga together!

I consent to the above terms and conditions.

Signature: _____ Date: ___/___/___