

Mind & Body Wellness Studio

1445 Donlon St., #9 • Ventura, CA 93003 • (805) 654-8354

Waiver of Liability Informed Consent

I have enrolled in a program of physical activity including, but not limited to, body-conditioning machinery used during my Pilates and regular studio workouts offered by **Mind & Body Wellness Studio, Inc.** I hereby affirm that I am in good physical condition and do not suffer from any disability that would contribute to injury.

In consideration of my participation in any workshops, private workout classes, I for myself, my heirs, and assigns, hereby release Mind & Body Wellness Studio, Inc. (its owners and employees), from any claims, demands and causes of action arising from my participation in any exercise program. I fully understand that I may injure myself as a result of my participation, and I hereby release Mind & Body Wellness Studio, Inc. from any liability now and in the future, including, but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, knee, lower and upper back, foot injuries and any other illness, soreness, or injury however causes occurring during or after my participation at the studio. I fully understand that this is a legally binding agreement.

I hereby affirm that I have read and agreed to the above.

Signature: _____ Date: _____

Name (Print): _____ Referred By: _____

Address: _____

City: _____ Zip: _____

Email: _____

Cell Phone: _____ Work Phone : _____