



Waiver and Release of Liability

Embody Costa Rica Wellness Sanctuary and Retreat Center
Private Aerial Yoga Class Experience w/ Karla Hollan, PRiSM Wellness and Yoga

Host: Embody Costa Rica Wellness Center (the "Retreat"), Embody Productions (the "Organizers"), at EMBODY Costa Rica, Casa 1, Atenas, Alajuela, Costa Rica, 20501. Operated by Hemalayaa Business. USA address: 111 Glen Echo Dr. Smyrna, TN 37167

Participant Information:

Full Name:

Date of Birth:

Mailing Address:

Email Address:

Phone Number:

Possible Activities:

Aerial Swing Yoga + Yoga
Dance
Movements & Exercises
Meditations
Walking
Swimming
Hammock time
Body-Work & healing treatments and sessions

Location: Embody, Atenas, Alajuela, Costa Rica

Waiver and Release: In consideration for being allowed to participate in the class experience at Embody Costa Rica, I hereby agree to the following:

- **Assumption of Risk:** I acknowledge that the retreat or classes may involve physical activities, meditation, yoga, and other practices, both indoors and outdoors, that carry inherent risks. I understand using props and anti-gravity positions carry inherent risks and that I have been provided with a list of contra-indications. I understand these risks and voluntarily assume



them. I am responsible for ensuring that I am physically and mentally fit to participate in the retreat or aerial yoga classes, workshops, or private instruction.

- **I understand the following conditions DO NOT PREVENT me from practicing aerial yoga and playing with the fabric but that FULL INVERSION ARE NOT RECOMMENDED (contra-indicated) if I have any of the following: Retinal detachment, Glaucoma, Recent surgeries, Severe sinusitis, Epilepsy, Artificial hip instability, Active disc herniation, Hiatal hernia, Recent concussion, Recent stroke, Botox or fillers within 24 hours, as well as Osteoporosis, Very high or low uncontrolled blood pressure, and Heart disease -if not first given permission by my Medical Doctor.**
- Release of Liability: I release Embody Costa Rica, its owners, employees, instructors, and any associated staff from any liability for personal injury, illness, or property loss or damage I may sustain during the retreat or classes. This release includes claims arising from acts of negligence on the part of Embody Costa Rica.
- Refund and Transfer Policy: I understand there are no refunds or transfers that will be issued for any reason, including but not limited to, change of plans, personal emergencies, travel disruptions, or illness. Furthermore, I agree that my registration and payments cannot be transferred to another person, future retreat, or any other event or service offered by Embody Costa Rica.
- Medical Condition Disclosure: I acknowledge that it is my responsibility to disclose any medical or psychological conditions that may affect my ability to safely participate in the retreat. I understand that Embody Costa Rica may not have medical personnel available on-site and that I should seek medical advice if I have any doubts about my ability to participate safely.
- Conduct and Respect: I agree to conduct myself in a respectful and considerate manner towards fellow participants, instructors, and staff. I will adhere to the rules and guidelines provided by Embody Costa Rica.
- Photography + Video Release: I grant permission for Embody Costa Rica and PRiSM Wellness & Yoga to use photos, videos, or testimonials that may include my likeness or words for promotional + marketing purposes.
- Accommodations and Liability: I understand that I am responsible for any damages, losses, or missing items in my assigned accommodations during my time at Embody Costa Rica. This includes damage to the accommodation, furnishings, property, or loss of room keys. In the event of lost keys, I



acknowledge that a minimum fee of \$150.00 will be charged. Embody Costa Rica is not liable for personal belongings.

- Termination of Participation: Embody Costa Rica reserves the right to terminate the participation of any individual who disrupts the retreat or acts in a manner that is detrimental to the safety and well-being of themselves or others. No refunds will be provided in such cases.

Acknowledgement and Agreement: I, the undersigned participant, have reviewed and understand the contra-indications and recommended warnings set forth by PRiSM Wellness & Yoga (listed above). I acknowledge and understand that participating in an experience at Embody Costa Rica involves various physical and emotional activities, practices, and experiences that may carry inherent risks.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT OF MY OWN FREE WILL. I INTEND MY SIGNATURE TO BE COMPLETE AND AN UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW with Embody Costa Rica Wellness Sanctuary and Retreat Center (hereinafter referred to as "Embody Costa Rica") and PRiSM Wellness and Yoga.

Signature: _____ Date: _____

Printed Name: _____

Name of Event: _____

Emergency Contact Name and Phone: _____ / _____

IF MINOR: Parent or Guardian Signature and Printed Name: _____ / _____

IF MINOR: Printed Name of Participant: _____