

BEYOUFINDHAPPY

Name _____

Retreat Dates _____

Address _____

Phone Number _____

Email _____

Emergency Contact _____

ER Contact Phone Number _____

What is your current fitness routine? _____

Any restrictions we need to know about: _____

List any allergies: _____

How did you hear about us? _____

Affirmation of Signed Waiver

I am 18 years or older. I understand the legal consequences of signing this document, including (a) releasing Be You Find Happy from all liability, (b) promising not to sue BYFH, (c) and assuming all risks of participating in this activity, workshop/retreat, including travel to, from and during the activity, workshop/retreat.

I understand that this document is written to be as broad and inclusive as legally permitted. I agree that if any portion is held invalid or unenforceable, I will continue to be bound by the remaining terms.

I have read this document, and I am signing it freely. No other representations concerning the legal effect of this document have been made to me.

Participant Signature

Date

Printed Name

If you could change one thing about yourself, what would it be?

If you could change one thing in your life, what would it be?

How would you describe your current state of mind?

What are you currently struggling with? _____

Is there anything you would like to share, or that we should be mindful of while you attend our workshop?

What do you hope to get from this workshop/retreat:

BEYOUFINDHAPPY

RELEASE OF LIABILITY, PROMISE NOT TO SUE, ASSUMPTION OF RISK AND AGREEMENT TO PAY CLAIMS

In consideration for being allowed to participate in this activity, workshop/retreat, on behalf of myself and my next of kin, heirs and representatives, Participant (herein referred to as PC) release from all liability and promise not to sue BeYouFindHappy and their employees, officers, directors, volunteers and agents (collectively "BYFH") from any and all claims, including claims of BYFH's negligence, resulting in any physical or psychological injury (including paralysis and death), illness, damages, or economic or emotional loss I may suffer because of my participation in this Activity, workshop/retreat, including travel to, from and during the Activity, workshop/retreat.

I am voluntarily participating in this activity, workshop/retreat, workshop/retreat. I am aware of the risks associated with traveling to/from and participating in this activity, workshop/retreat, which include but are not limited to physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and/or death. I understand that these injuries or outcomes may arise from my own or other's actions, inaction, or negligence; conditions related to travel; or the condition of the activity, workshop/retreat location(s). Nonetheless, I assume all related risks, both known or unknown to me, of my participation in this activity, workshop/retreat, including travel to, from and during the activity, workshop/retreat.

I agree to hold BYFH harmless from any and all claims, including attorney's fees or damage to my personal property that may occur as a result of my participation in this activity, workshop/retreat, workshop/retreat, including travel to, from and during the activity, workshop/retreat. If BYFH incurs any of these types of expenses, I agree to reimburse BYFH. If I need medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

Participant Release of Liability

PC's Acknowledgement and Assumption of Risk: PC acknowledges that the services provided by Be You Find Happy, hereunder include participation in strenuous physical activities, including, but not limited to, yoga, reiki, self defense, weight training, walking, jogging, running and possible various nutritional programs offered by BeYouFindHappy, (the "Physical Activities.") PC acknowledges these Physical Activities involve the inherent risk of physical injuries or other damages, including, but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness, or injury however caused, occurring during or after PC's participation in the Physical Activities.

PC further acknowledges that such risks include, but are not limited to, injuries caused by the negligence of an instructor or other person, defective or improperly used equipment, over-exertion of PC, slip and fall by PC, or an unknown health problem of PC. PC agrees to assume all risk and responsibility involved with PC's participation in the Physical Activities. PC affirms that PC is in good physical condition and does not suffer from any disability that would prevent or limit participation in the Physical Activities. PC acknowledges participation will be physically and mentally challenging, and PC agrees that it is the responsibility of the PC to seek competent medical or other professional advice, regarding any concerns or questions involved with the ability of the PC to take part in the Physical Activities. PC agrees to assume all risk and responsibility PC's exceeding his or her physical limits. Client further acknowledges that he/she is not relying on Be You Find Happy's expertise and expressly waives and warranties of merchantability, fitness for a particular purpose, fitness of ordinary use, qualifications of Be You Find Happy, the availability, quality of the facilities or service of Be You Find Happy, the results obtained through exercise, diet, weight control, or physical fitness conditioning programs or any other implied or express warranty to the fullest extent permissible by law.

Limitation of Liability and Full Release of BeYouFindHappy: PC, his or her heirs, assigns and next of kin, agree to fully release Be You Find Happy, its owners, employees, any related entities or other authorized agents, including independent contractors from any and all liability, claims and/or litigation or other actions that PC may have for injuries, disability or death or other damages of any kind, including but not limited to, direct, special, incidental, indirect, punitive or consequential damages, whether arising in tort, contract, breach of warranty or arising out of participation in the Services, including, but not limited to the Physical Activities, even if caused by the negligence or fault of Be You Find Happy, its owners, employees, any related entities or other authorized agents, including independent contractors. PC is urged to have this Agreement reviewed by an attorney before signing.

Travel Recommendations Waiver

Although never expected or anticipated, things outside of Be You Find Happy's control can happen at the retreat location that may prevent the retreat from being hosted (damage, weather, fires, etc). Because of this, I understand any travel booked more than 30 days out is not recommended. I also understand that it is recommended that travel insurance be purchased as Be You Find Happy is not responsible for any travel booked if a change or cancellation has to occur.