

Movement Class/Session or Workshop by Dr. Stephen Stern

In a class/session or workshop, participants will perform movements that help improve strength & flexibility to make the body more resilient, and move with greater ease & agility. As with any physical activity there are inherent risks when using the body in unfamiliar ways. Participants are encouraged to be attentive to their limits and keep oneself safe from injury.

Release and Liability Waiver

I hereby acknowledge that I am participating in a movement class or workshop ("Class/Workshop") taught by Stephen Stern, held at various venues ("Venue"). This includes any associated follow-up or other Activities incidental thereto ("Activities)". In consideration of being permitted to participate, I hereby agree to the following:

I. Acknowledgement of Risk, Liabilities and Obligations

In consideration of being permitted to participate in the 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 participation in the Class / Workshop. I am aware of and acknowledge the following risks, and numerous other inherent risks, in observing or participating in the Class / Workshop and in using the facilities.

- The activity I am to undertake is a challenging activity and that I know, understand, and appreciate the inherent risks of participating in exercise. I recognize that exercise requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I know the risks range from minor scrapes, pulled muscles, strains, sprains, joint injuries, and bruises to significant injuries such as broken bones, eye injury or loss, concussions, paralysis, serious neck and spinal injuries, brain damage, and even death;
- Any apparatus or other provisions provided for my protection, including the active participation of an instructor, assistant, or other personnel who will spot or assist in the performance of certain skills, may be inadequate to prevent serious injury. The risk of harm may be reduced by all of the safety equipment and trained Instructors, but never eliminated;
- I may be vulnerable to the reckless actions of others, who may not have complete control over their actions or who may not see others in the facilities. Other persons participating in such activity may cause me injury or may damage my property;
- I may cause injury to other persons or damage their property;
- The conditions in which the activity is conducted may vary without warning;
- There may be no or inadequate facilities for treatment or transport of me if I am injured;
- My personal property may be lost or damaged;

I understand that it is my responsibility to consult a physician prior to and regarding my participation in the Class/ Workshop and any follow-up or associated activities. I represent and warrant that I am physically fit and I have no medical condition which would prevent my full participation in these activities.

Release and Liability Waiver (continued)

II. Release and Waiver

In consideration of my participation in the Class/Workshop and Activities, I hereby release and covenant not to sue Stephen Stern and any associated assistants, partners, officers, agents, contractors and instructors, as well as the Venue, its landlord, employees, contractors, agents, and any other Association or Organization using the facilities, from any and all present and future claims resulting from ordinary negligence on the part of Stephen Stern or others listed above, for property damage, personal injury, or wrongful death arising as a result of (i) engaging in, or receiving instructions in the Class/Workshop or Activities, and/or (ii) using the facilities or equipment, wherever, whenever, or however the same may occur.

I intend to be legally bound, to hereby, for myself, family, heirs, estate and assigns, waive, release and forever discharge any and all rights and claims for damages resulting from ordinary negligence, both present and future, which I may have hereafter accrue to me against Stephen Stern and all others listed.

I agree to indemnify and hold harmless Stephen Stern and all others listed for any and all claims arising as a result of any of the Class/Workshop Activities, whenever, wherever, or however the same may occur.

III. Photography/Video and Use Image

I hereby grant Stephen Stern unlimited, royalty-free rights to utilize my image via still photography, video, or other means during this Class/Workshop. Photographs and/or video ("images") may be taken during this Class/Workshop, including images depicting some or all of the individuals taking part in this workshop.

Individuals who do NOT want their image to be utilized should indicate on the space below, specifying which formats they object to – photo/video/other. There will be an attempt to honor this request, although it is not guaranteed that the individual's image won't appear in some group shots.

Objection: _____

IV. Execution

By the execution of this agreement, I affirm that:

- I have read the above release and waiver of liability and fully understand its contents.
- I am of legal age and voluntarily agree to the terms and conditions stated above.
- I fully assume the inherent risks associated with participation in the Class/Workshop activities.
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Print Name: _____ Date: _____

Signature: _____

If minor: _____

Guardian ... Print Name	<i>Signature</i>	Date
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