

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY FOR BLISSFUL WELLNESS FITNESS PROGRAM

I, _____, hereby agree to the following:

1. That I am participating in the Fitness Program, Classes, and/or Workshops offered by Blissful Wellness during which I will receive information and instruction about health and fitness. I recognize that fitness programs require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. In consideration of being permitted to participate in the Fitness Program, Classes, and/or Workshops, 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.
3. In consideration of being permitted to participate in the Fitness Program, Classes, and/or Workshops, I knowingly voluntarily and expressly waive any claim I may have against Blissful Wellness for injury or damages that I may sustain as result of participating in the program.
4. I, my heir or legal representative's forever release waive, discharge and covenant not to sue Blissful Wellness and its employees for any injury or death caused by their negligence or other acts.

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

DATE

SIGNATURE OF PARTICIPANT

If participant is under 18:

AS LEGAL GUARDIAN OF _____, I CONSENT TO THE ABOVE TERMS AND CONDITIONS.

DATE

SIGNATURE OF PARENT/GUARDIAN OF PARTICIPANT

WITNESSED BY: _____