



Indemnity



By booking and participating in the Yin-Breathwork Morning Retreat with Honest Yoga and A-Ha Breath, I hereby enter into the following release and waiver of liability, assumption of risk and indemnity agreement.

I, for myself, my heirs, spouse, executors, administrators, personal representatives and assignees, waive, release, discharge, indemnify, hold harmless and agree not to sue Honest Yoga, A-Ha Breath, and/or the venue, and their respective officers, directors, shareholders, employees, agents, landlords, lessees, sponsors, representatives, volunteers and affiliates (hereafter the "Released Parties") from any and all liability, responsibility, damages, losses, claims, demands, actions, suits, judgments, costs and expenses (including attorney's fees) resulting from personal injury, accidents, illnesses, death and/or property loss caused in any manner, including theft, fire and the simple, active or passive negligence of the Released Parties, by my participation in the Yin-Breathwork Morning Retreat, including Yin Yoga and Conscious Connected Breathwork.

I acknowledge that I am taking part in physical and mind-body activities, which could result in physical or other injury to me. I understand that injuries cannot be specified but are not limited to strain of my muscles or joints. I understand that I participate in the activities offered as part of the retreat entirely at my own risk.

I acknowledge that the yoga classes offered through Honest Yoga are based on the principles of yoga and may include exercises to condition the cardiovascular system. These classes allow for a warm-up and cool-down period, and participants are advised to warm up and to pace themselves during the class, always working at their individual level of difficulty.

I acknowledge that I have been advised to consult with my physician with respect to any past or present injury, illness, cardiovascular problem, knee problem, back problem, neck problem, osteoporosis, or any other condition that may affect my participation and ability to participate in and to endure the activities offered as part of the retreat and knowingly assume all risks relating to my participation.

I have read this agreement and fully understand its terms.

