

BodybyHeather.com

“What we achieve inwardly will change outer reality.”

~Plutarch

Waiver

Release of All Claims and Hold Harmless Agreement for Programs/Services with BodybyHeather (hereafter "BBH"), LLC, at 1219 N. Taylor Ave, Oak Park, IL 60302.

Please read this form carefully and be aware that, in signing and participating, you will be agreeing to the terms of this Release and Waiver Form for any and all claims for injuries arising out of your participation in BBH classes, services, bodywork, and activities.

As a participant, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk “of any injuries, including death, damages or loss (all claims)” I may sustain as a result of participating, in any manner, in any and all activities and/or services at BBH.

I further recognize and acknowledge that all athletic activities and receiving touch therapy are hazardous recreational activities and involve substantial risks of injury. I agree to waive and relinquish any and all claims that I may have as a result of participating in activities conducted by BBH any and all independent contractors, officers, agents, servants and employees of BBH, and any and all other persons and entities, of whatever nature, that might be directly or indirectly liable for all claims while participating in the activities or services. (The parties described in the preceding sentence are referred to as “released parties”).

I do hereby fully release and discharge BBH and the other released parties from any and all claims. I further agree to indemnify, hold harmless and defend BBH, and any and all other released parties, from any and all claims. I further understand and agree that terms such as “participation,” “program,” “classes”, and “activities,” referred to in the Agreement, include all exercises, applied bodywork, and physical movements of any nature while I am participating in the program, and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, apparatus, and anything relation to my use of the services, facilities, or premises involved in the program for which I am participating, and have read and fully understand this Waiver, Release and

Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of this program that I subsequently receive will be incorporated by reference into and become a part of this agreement.

Signed _____ Date _____

Printed name: _____

Please print and bring with you to your next session.