



A Healing Movement Studio
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Agreement of Release and Waiver of Liability

1. I understand that I am participating in Pilates, CoreAlign, GYROTONIC® and/or other methods of movement offered by Align Davis, during which I will receive information and instruction about yoga, Pilates, CoreAlign, GYROTONIC® and/or other methods of movement. I recognize that this involves physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in Pilates, CoreAlign, GYROTONIC® and/or other methods of movement. I represent and warrant that I am physically fit and have no medical condition that would prevent my full participation in yoga, Pilates, CoreAlign, GYROTOINC® and/or other methods of movement and bodywork sessions.
3. In consideration of being permitted to participate in Pilates, CoreAlign, GYROTONIC® and/or other methods of movement in sessions offered by Align Davis, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, that I may incur as a result of participating in the sessions. I knowingly, voluntarily and expressly waive any claim I may have against Align Davis for injury or damages that I may sustain as a result of participating in the sessions.
4. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Align Davis and its officers, teachers and agents for any injury caused by their negligence or other acts.
5. I understand that if I do not allow **at least 24 hours notice** before cancelling a private, duet, or group session at Align Davis, I will be responsible for the full service charge.

I have carefully read this Release and Waiver and fully understand and voluntarily agree to the above.

Printed Name _____

Signature _____ Date _____

If participant is under the age of 18: As legal guardian of _____
I consent to the above terms and conditions.

Signature of Parent of Guardian _____ Date _____