

Waiver of Liability Informed Consent



Name: _____

Phone: _____

In consideration of being allowed to participate in any way in any of the services provided by **Kristine Marie, LLC**, not limited to but including pilates equipment and mat training, **The GRYOTONIC Expansion System®**, weight training, cardiovascular training, yoga, massage therapy, and physical therapy, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injury from any of the above mentioned activities is significant, including the potential for serious injury, paralysis, and death, and while particular rules, equipment and personal discipline may reduce this risk, the potential of serious injury does exist; and,
2. I knowingly and freely assume such risks, both known and unknown, even if arising from the negligence of the releases or others and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby hold harmless Kristine Marie, LLC, its officers, agents, independent contractors and or employees, other participants, sponsoring agents, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct services and events ("Releasees"), with respect to all and any injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Participant Signature

Date