

WAIVER

(Release of liability, waiver of claims, assumption of risks, and indemnity agreement)

May 19th, 2024 Presence: A Daylong Mindfulness and Yoga Retreat in the Blue Ridge in Crozet, Virginia at Mountain Light Retreat Center

By participating in the May 19th, 2024 -- Presence: A Daylong Mindfulness and Yoga Retreat in the Blue Ridge, I hereby waive any and all claims I may have against Christine Gyovai, Michael Okusa, and Amber Ellis and Dialogue + Design Associates and release from all liability and agree not to sue for any personal injury, death, psychological effects, or damage to the person or property or loss sustained as a result of my participation in Presence: A Daylong Mindfulness and Yoga Retreat in the Blue Ridge, such as, but not limited to, the movement/yoga classes, sitting and walking meditations, and/or arising out of or in connection with the use of any services or facilities of Presence: A Daylong Mindfulness and Yoga Retreat in the Blue Ridge.

I also understand that the instruction and advice presented by Christine Gyovai, Michael Okusa, and Amber Ellis and Dialogue + Design Associates is not meant to be used in place of professional medical or psychiatric advice. I absolve Christine Gyovai, Michael Okusa, and Amber Ellis and Dialogue + Design Associates of any liability.

I understand that my mental and physical health is my responsibility. I understand that all of the activities, exercises, and physical and spiritual practices are optional, and I can choose not to participate at any time. I will stop participating and inform the teacher if I feel physically or mentally uncomfortable with any of the activities suggested.

Audio/Video Recording Waiver

By participating in this course, I consent to photography, audio recording, and video recording, and its/their release, to be used by Christine Gyovai, Michael Okusa, and Amber Ellis and Dialogue + Design Associates for educational purposes and certification requirements.

By checking in the registration payment page, I am acknowledging that I have read and understand all of the above.