



Meditation Waiver and Release of Liability

I hereby agree to the following:

1. I have voluntarily enrolled in this meditation activity. I am participating in classes or services during which I will receive information and instruction about breathwork/Pranayama and meditation. I understand that this meditation activity might involve mental, emotional and physical activity, including breath work from both the mindfulness traditions and the yogic breathing traditions, which I might find strenuous or uncomfortable. I and/or my legal successors waive and release Mahalakshmi Mahadevan and Breathe LLC from all physical, mental, emotional and financial liability incurred as a result of my participation in this meditation activity. I recognize that I may also choose to do physical movements, such as sitting, standing and walking meditation. I represent and warrant that I have no physical or mental health condition that would prevent my safe participation in meditation classes offered online or on the premises of Breathe LLC.

2. In consideration of being permitted to participate in the meditation and breathwork sessions, I agree to assume full responsibility for any risks, injuries or damages, known and unknown, which I might incur as a result of or during my participation in the program, virtually or in-person on Breathe LLC premises.

3. In further consideration of being permitted to participate in the meditation classes, I knowingly, voluntarily, and expressly waive any claim I may have against any representative or promoter or patron or host of Breathe LLC, including, but not only, the class instructor, the owner, or the leaseholder of the building, among others, for injuries or damages that I may sustain as a result of participating in classes or workshops held through the medium of online video broadcasting services or on the physical premises of Breathe LLC. I recognize that Breathe LLC or Mahalakshmi Mahadevan cannot be held liable for any technical difficulties or security or privacy breaches that may occur during the provision of classes through the online medium using video conferencing applications.

4. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above. By signing this document I am waiving certain rights I or my successors might have to bring legal action or assert a claim against Mahalakshmi Mahadevan and/or Breathe LLC.

5. Print Name: _____

6. Signature: _____

7. Date: _____

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