

RETREAT PARTICIPANT

Liability Waiver & Assumption of Risk

Forward ThinKer Wellness & Rooted Strength Yoga

This waiver applies to all retreats, workshops, and events produced by **Forward ThinKer Wellness** in partnership with **Rooted Strength Yoga**, facilitated by Jackie Frary and Jackie Dufresne.

Important: *This waiver is not a substitute for professional legal advice. Both facilitators recommend consulting an attorney to ensure this document meets all applicable state requirements before use.*

SECTION 1 - PARTICIPANT INFORMATION

Full Legal Name: _____

Date of Birth: _____

Address: _____

City: _____

State / Zip: _____

Phone: _____

Email: _____

Emergency Contact Name: _____

Relationship: _____

Emergency Contact Phone: _____

Retreat or Event Name: _____

Retreat Date(s): _____

Location: _____

SECTION 2 - MEDICAL DISCLOSURE

Please disclose any medical conditions, injuries, or physical limitations that may affect your ability to safely participate in retreat activities:

Known medical conditions, injuries, or physical limitations:

Are you currently pregnant? Yes / No

Do you have a heart condition? Yes / No

Do you have high blood pressure? Yes / No

Any recent surgeries? Yes / No

Current medications (list any that may affect physical activity):

I acknowledge that I have consulted or will consult my physician before participating in physical activities if I have any concerns about my health.

SECTION 3 - ACTIVITIES COVERED BY THIS WAIVER

I understand that participation in this retreat may include the following activities, each carrying inherent risks:

On-Site Activities:

- Yoga classes of varying intensity including gentle, restorative, vigorous, and Pilates-based movement
- Breathwork and pranayama sessions
- Guided meditation and mindfulness practices
- Gong bath and sound healing sessions
- Reiki energy therapy sessions
- Guided writing and reflective journaling sessions
- Firepit and evening gathering activities
- Walking on uneven terrain on and around retreat property

Off-Site and Water Activities:

- Kayaking and canoeing on Squam Lake or other bodies of water
- Rowboat use on retreat waterways
- Guided hiking on local trails including but not limited to West Rattlesnake Mountain
- Pontoon boat excursions on Squam Lake
- Swimming in lake or designated swimming areas
- Travel to and from off-site activity locations
- Any additional optional excursions communicated prior to or during the retreat

I understand that not all activities are mandatory and I may choose to opt out of any activity at any time.

SECTION 4 - ASSUMPTION OF RISK

I, the undersigned, acknowledge and understand the following:

- Physical activity including yoga, hiking, kayaking, and water activities carries inherent risks including but not limited to muscle strains, sprains, falls, drowning, and cardiovascular events
- Outdoor and water activities carry additional risks including uneven terrain, weather conditions, wildlife, and water hazards
- Reiki and sound healing are complementary wellness practices and are not a substitute for medical treatment
- I am voluntarily choosing to participate in all selected activities with full knowledge of the risks involved
- I confirm that I am in adequate physical and mental health to participate in the activities I have chosen
- I have disclosed all relevant medical conditions in Section 2 of this form

I freely and voluntarily assume full responsibility for any and all risks of injury, illness, or death arising from my participation in retreat activities.

SECTION 5 - RELEASE OF LIABILITY

In consideration of being permitted to participate in retreat activities, I hereby agree to the following:

- I release, waive, and discharge Forward ThinKer Wellness, Rooted Strength Yoga, Jackie Frary, Jackie Dufresne, and any venue, property owner, or third-party vendor associated with this retreat from any and all claims, demands, or causes of action arising from my participation
- This release includes claims arising from the negligence of the facilitators, staff, or associated parties, except in cases of gross negligence or intentional misconduct
- I agree to indemnify and hold harmless all released parties from any loss, liability, damage, or cost they may incur as a result of my participation
- This release applies to all retreat activities whether on or off the retreat property
- This release is binding on my heirs, executors, and legal representatives

I understand this is a legally binding document and I have had the opportunity to review it carefully before signing.

SECTION 6 - PHOTO AND MEDIA RELEASE

During retreat activities, photos and videos may be taken for use in marketing materials, social media, and promotional content.

Please select one:

I consent to being photographed or filmed during retreat activities and grant Forward ThinKer Wellness and Rooted Strength Yoga permission to use my likeness in promotional materials.

I do NOT consent to being photographed or filmed. I understand that reasonable efforts will be made to respect this preference.

SECTION 7 - HEALTH AND SAFETY AGREEMENT

I agree to the following health and safety expectations for the duration of the retreat:

- I will inform a facilitator immediately if I feel unwell or experience any injury during the retreat
- I will respect my physical limits and will not pressure myself or others to participate in any activity beyond their comfort or capability
- I understand that facilitators reserve the right to ask a participant to discontinue an activity for safety reasons
- I will follow all safety instructions provided by facilitators and venue staff
- I understand that in the event of a medical emergency, facilitators will contact emergency services and my emergency contact as appropriate

SIGNATURES

By signing below I confirm that I have read this entire document, I understand its contents, and I agree to all terms and conditions outlined above.

Participant Signature

Date

Printed Name

Date

For participants under the age of 18:

Parent or Guardian Signature

Date