🌙 Silken Moon Liability Waiver & Assumption of Risk Agreement

Silken Moon Wellness & Holistic Services Greenville, North Carolina

Participant Name: _____ **Date:** _____

1. Acknowledgment of Services

I understand that Silken Moon provides wellness services including, but not limited to:

- Yoga
- Pilates
- Breathwork
- Meditation
- Stretching and mobility
- Functional movement
- Ayurveda-based lifestyle guidance
- Nutrition education
- Wellness coaching
- Online and in-person sessions

I understand these services are **not medical treatment**, do not diagnose conditions, and do not replace care from a licensed medical provider.

2. Assumption of Risk

I acknowledge that participation in wellness, movement, and fitness activities involves inherent risks, including but not limited to:

- Muscle strain
- Joint discomfort
- Dizziness or fatigue
- Aggravation of existing conditions
- Accidental injury

I voluntarily assume **all risks** associated with participating in any Silken Moon session, program, or service.

3. Medical Clearance

I confirm that:

- I am physically able to participate in wellness and movement activities.
- I have consulted with my physician if I have any medical concerns.
- I will inform Silken Moon of any relevant medical conditions, injuries, or limitations.

I understand that it is **my responsibility** to monitor my own physical condition and stop any activity that causes discomfort or pain.

4. Release of Liability

In consideration of participating in Silken Moon services, I hereby release, waive, and discharge:

Silken Moon, its owner (Lakesha), instructors, staff, and affiliates

from any and all claims, liabilities, demands, or causes of action arising from:

- Injury
- Illness
- Accidents
- Property loss
- Participation in any session or program

This release applies to **in-person, virtual, and online sessions**.

5. No Guarantees

I understand that wellness, nutrition, and lifestyle guidance may support my health goals, but **results are not guaranteed** and vary by individual.

6. Consent for Virtual Sessions

For online or virtual sessions, I acknowledge:

- I am responsible for creating a safe environment.
- I will use proper equipment and clear space.
- Silken Moon is not liable for injuries occurring in my home or chosen location.

7. Photography & Media (Optional)

I consent / do not consent (circle one) to Silken Moon using photos or videos from sessions for marketing or educational purposes.

8. Agreement & Signature

I have read and fully understand this Liability Waiver & Assumption of Risk Agreement. I voluntarily agree to its terms.

Participant Signature: _____ Date: _____

Parent/Guardian Signature (if under 18): _____ Date: _____