

Booze + Bend Participant Waiver

I, _____, hereby acknowledge that I am voluntarily participating in a yoga class hosted by *Handlebend* with *Sarah Brinkman* as the instructor. In consideration for being permitted to participate in this activity, I hereby agree to the following terms and conditions:

1. I acknowledge that yoga involves physical activity and may carry some risk of injury. I understand that it is my responsibility to consult with a physician prior to participating in any physical activity, including yoga, to ensure that I am in good health and able to participate safely.
2. I understand that while the instructor will provide guidance and assistance during the class, I am responsible for listening to my body, modifying poses as necessary, and informing the instructor of any discomfort or pain experienced during the class.
3. I acknowledge that neither *Handlebend* nor *Sarah Brinkman* shall be liable for any injuries, accidents, or damages that may occur as a result of my participation in the yoga class.
4. I hereby release, waive, discharge, and covenant not to sue *Handlebend* nor *Sarah Brinkman*, their respective employees, agents, representatives, successors, and assigns from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me during the yoga class or as a result of my participation in the activity.
5. I understand that this waiver and release of liability shall be binding on me, my heirs, executors, administrators, successors, and assigns, and shall be construed in accordance with the laws of Nebraska.

I have read this waiver and release of liability, fully understand its terms, and voluntarily agree to be bound by them.

Participant's Signature: _____

Participant's Printed Name: _____

Date: _____