

Costa Rica Yoga Adventure

Participant Assumption of Risks, Release and Indemnification

Agreement

ASSUMPTION OF RISK

I acknowledge that yoga, traveling, snorkeling, boating, zip-lining, wildlife viewing entail known as well as unanticipated risks which could result in physical or emotion injury, paralysis, death or other physical or economic damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of these activities. I understand that these include but are not limited to: slipping and falling; water hazards; exhaustion; exposure to temperature and weather extremes which could cause heat exhaustion, sunburn, dehydration; food poisoning; and exposure to potentially dangerous animals, insect bites, and hazardous plant life; equipment failure; improper lifting and carrying; and accident or illness without access to means of rapid evacuation or availability of medical supplies, the adequacy of medical attention provided, physical exertion for which I am not prepared, or negligence on the part of Melora Gregory or others.

Furthermore, I understand and acknowledge that Melora Gregory has a job to perform: she seeks safety, but is not infallible. While unlikely, she may be unaware of a participant's fitness level or skills, may misjudge the weather, or the elements of the terrain.

My participation on this trip is purely voluntary, and I elect to participate despite the risks. I agree to be responsible for my own welfare, and I expressly ACCEPT AND ASSUME ALL OF THE RISKS RELATED TO THIS TRIP INCLUDING BUT NOT LIMITED TO RISKS OF DELAY, UNANTICIPATED EVENTS, ILLNESS, INJURY, EMOTIONAL TRAUMA, OR DEATH.

RELEASE AND INDEMNIFICATION AGREEMENT

I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Melora Gregory from any and all claims, demands, or causes of action, WHICH ARE IN ANY WAY CONNECTED WITH MY PARTICIPATION IN THIS ACTIVITY OR OF MY USE OF EQUIPMENT OR FACILITIES OWNED OR PROVIDED BY Melora Gregory including any such claims arising from the negligent acts or omissions of Melora Gregory.

Should Melora Gregory be required to incur legal fees and costs to enforce this agreement, I agree to indemnify and hold it and them harmless for all such fees and costs.

I have adequate insurance to cover any injury or damage I may suffer or cause while participating in the trip; and in the absence of such insurance, I agree to be financially responsible for the costs of such injury or damage.

I understand that this document is legally binding and have read and understand it in full. By signing this Agreement, I acknowledge that I may be found to have waived my right to maintain a lawsuit against Melora Gregory on the basis of any claim from which I have released Melora Gregory herein.

Signature

Print Name

Date