



Brainwaves Movement + Mindfulness Release and Waiver of Liability

While participating in virtual classes with instructor Natasha Thexton, I agree to the following:

1. I will participate according to my own physical and mental abilities, understanding that it is my responsibility to determine whether to participate, the duration of my participation, any modifications necessary for my safety and wellbeing and to consult with my healthcare providers as appropriate regarding my participation in these activities. I assume full responsibility for any risks, injuries or damages that may occur as a result of my participation.
2. I understand that the guidance offered by the instructor during classes is optional and that I may opt out at any time by participating as an observer for any portion of a class or by leaving before the end of the class.
3. To respect the privacy and safety of all participants, I will not record or in any way share images, video or audio of/from the virtual class.
4. The instructor will not record or share any images, video or audio from the class without providing notice and the option to opt out. For example, the instructor may ask to take a screen shot at the end of a class and wait for anyone who does not wish to participate to turn off their camera.
5. Prior to joining each class, I will ensure my settings are appropriate within the online platform to protect my own privacy and to be respectful of those in my physical location and other virtual participants. This includes display names, video and audio settings.

I acknowledge that I have read this agreement, fully understand its contents and agree to these terms.

Name:

Date:

Signature:

If participant is under 18 years of age, the information above is to be filled in by their legal guardian.