

SilentSoul Indemnity Form

SPECIAL PRECAUTIONS AND LIABILITY WAIVER

It is advisable to have the clearance of your medical doctor before starting any new exercise regimen.

Please always alert the instructor before any class or event of any new or recurrent condition, injury, discomfort, pain, etc.

1. In the event of pregnancy, I will not attend classes with SilentSoul/Jacques van der Walt/Sacha Park /The Studio until I have discussed the risks with my obstetrician and I will follow my doctors' recommendations.
2. If I am under 18 years of age, I have disclosed the information to SilentSoul/Jacques van der Walt/Sacha Park /The Studio and in addition to my signature, my parent or guardian has signed this waiver of liability.
3. I do not and will not hold SilentSoul/Jacques van der Walt/Sacha Park /The Studio responsible for any injuries, pain or discomfort suffered by me as a result of participation in any SilentSoul classes or event experiences.
4. SilentSoul/Jacques van der Walt/Sacha Park /The Studio are not responsible for any personal items left on the Studio premises or at outdoor events and classes