

WAIVER AND RELEASE

By signing up for and/or attending sessions, classes, events, activities, and other programs and using the premises, facilities and equipment at any location or venue where 12th Generation Studios Inc. (hereinafter 12th Generation) is providing services (individually or collectively, the “Sessions” and Facilities”), you hereby acknowledge on behalf of yourself, your heirs, personal representatives and/or assigns, that there are certain inherent risks and dangers in connection with the participation in the Sessions and the use of the Facilities. You acknowledge that some of these risks cannot be eliminated regardless of the care taken to avoid injuries. At all times, you shall comply with all stated and customary terms, posted safety signs, rules, and verbal instructions given to you by the staff of 12 Generation. If in the sole opinion of the 12” Generation staff, you would be at mental or physical risk participating in 12th Generation Sessions, you understand and agree that you may be denied access to the Sessions and Facilities. In consideration of being allowed to participate in and having access to the Sessions and Facilities, you hereby (1) agree to assume full responsibility for any and all injuries or damage which are sustained or aggravated by you in relation to the Sessions and Facilities, (2) release, indemnify, and hold harmless 12th Generation and its officers, directors, members, employees, representatives, and agents, and each of their respective successors and assigns and all others, from any and all responsibility, claims, actions, suits, procedures, costs, expenses, damages, and liabilities to the fullest extent allowed by law arising out of or in any way related to participation in the Sessions or use of the Facilities, and (3) represent that you (a) have no medical or physical condition that would prevent you from properly and safely participating in or using any of the 12th Generation Sessions or Facilities, (b) do not have a physical or mental condition that would put you in any physical or medical danger by participating in any Sessions or using any Facilities, and (c) have not been instructed by a physician to refrain from participating in meditation or any Sessions offered by 12th Generation.

Signature: _____

Print Name: _____