

LIABILITY WAIVER

This legal document is a waiver of liability. By signing this document, you are agreeing to relinquish your right to sue Theresa Mozzocci Yoga LLC or Theresa Mozzocci for any alleged negligence in any way related to this training. By signing this document, you are further acknowledging and agreeing to the following:

- That you understand that receiving physical fitness training and participating in exercise, yoga, and related physical fitness activities as a part of this training will require physical exertion which may be strenuous and may cause injury. In consideration of receiving physical training instruction from Theresa Mozzocci Yoga, LLC, you agree not to sue Theresa Mozzocci Yoga, LLC or Theresa Mozzocci personally for claims for injury, death, or damage to your person and/or property in connection with or arising from your participation in this training.
- That by signing this document, you are expressly stating that you agree not to sue Theresa Mozzocci Yoga, LLC or Theresa Mozzocci personally for any alleged negligence related in any way to this training/instruction. This release expressly includes but is not limited to claims related to injuries stemming from exercise equipment, weights, slipping, tripping, stretching, yoga, physical fitness or yoga training, and physical fitness or yoga instruction.
- That you understand that it is your continuing responsibility to inform Theresa Mozzocci of any previous or existing medical conditions, injuries, or surgeries. You understand that training sessions and/or instruction will involve physical exertion and it is solely your responsibility to rest and/or stop when appropriate regardless of encouragement or instruction. It is your responsibility to listen to your body and to keep yourself safe.
- That you understand it is your responsibility to consult a physician regarding your participation in training sessions with Theresa Mozzocci Yoga, LLC. By signing this document, you represent and warrant that you are aware of no medical condition that would prevent your full participation in this training or that could pose a risk to you or others.
- That you agree not to hold Theresa Mozzocci Yoga, LLC or Theresa Mozzocci responsible for any alleged illness, allergic reaction, or lack of results from this training.
- That you acknowledge that Theresa Mozzocci is not a licensed medical practitioner, nutritionist, or dietician and that any advice is therefore limited in scope and is no substitute for professional medical supervision and advice. Theresa Mozzocci Yoga, LLC recommends consulting with your physician before starting any nutritional program or exercise routine.
- That you acknowledge that personal training and/or yoga instruction may involve some physical touching, repositioning, and/or realignment by Theresa Mozzocci during a training session. If at any time, you wish not to be touched, please inform her accordingly at the start of the training session.
- That you understand that this document will be construed in accordance with Illinois law and that any legal action brought against Theresa Mozzocci Yoga, LLC or Theresa Mozzocci in any way related to this training can only be brought in Cook County, Illinois.

By signing this document, you agree that you have read the above Release and Waiver of Liability and fully understand its contents. You voluntarily agree to the terms and conditions stated above.

Signature: _____

Printed Name: _____

Date: _____