

## WAIVER AND RELEASE

Before participating in any classes, courses, programs, and activities from Southern Cross Energy Medicine, all adult students and parents/guardians of kids under 18 must agree to the following Waiver and Release Agreement. This Waiver and Release Agreement also incorporates by reference the complete terms of service included on our website southerncrosssem.com, which the student has been provided an opportunity to review prior to signing this Waiver and Release Agreement and is hereby agreed to.

As a student participating in classes, courses, programs, and activities from Southern Cross Energy Medicine (“classes”), I, the Student, understand that classes include physical movements and exertion. Physical exercise, in all of its forms and with or without the use of equipment such as blocks, straps or any other equipment that may be suggested by the instructor, is a strenuous physical activity. Accordingly, the Student is urged and advised to first seek the advice of a physician before beginning any physical exercise regimen, routine, program or using any suggested equipment. By participating in this class, course or program, the Student represents that they understand that physical exercise involves strenuous physical movement, and that such activity carries the risk of injury whether physical or mental. The Student understands that it is their responsibility to judge their physical and mental capabilities for such activities and to ensure that by participating they will not exceed your limits while performing such activity, and select the appropriate level of activity for their skills and abilities, as well as for any mental or physical conditions and/or limitations they have. The Student understands that, from time to time an instructor may suggest physical adjustments or the use of equipment and it is the Student’s sole responsibility to determine if any such suggested adjustment or equipment is appropriate for their level of ability and physical and mental condition. By continuing to participate, the Student is expressly waiving and releasing any claim that they may have against Southern Cross Energy Medicine for any injury of any kind caused by some negligent act.

For Parents Registering Children for Classes: I am the parent and/or guardian of the minor child/children for whom I am registering. I have read this release and permission and fully understand its contents, and I have the full right and authority to execute this release and permission.

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Name of Student: \_\_\_\_\_

Date: \_\_\_\_\_