



***Embracing our Imperfect Bodies: Adaptive Chair Yoga with Sharon Cavanagh***  
**Accident Waiver and Release of Liability Form**

I acknowledge that I am participating in ***Embracing our Imperfect Bodies: Adaptive Chair Yoga with Sharon Cavanagh*** and I understand and agree that in participating in any movement/dance activity, workshop or program, there is a possibility of accident or injury. **I understand that I am expected to be aware of my own physical limitations and agree not to exceed them.** I hereby state as follows:

THAT I HEREBY ASSUME ALL OF THE RISKS associated with my participation in *Embracing our Imperfect Bodies: Adaptive Chair Yoga with Sharon Cavanagh*.

In consideration of my participation in *Embracing our Imperfect Bodies: Adaptive Chair Yoga with Sharon Cavanagh*, I agree to the following terms and conditions:

- A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the Esker Foundation or Sharon Cavanagh, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me as a result of my participation in the above noted event.
  
- B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the Esker Foundation or Sharon Cavanagh, and/or the Esker Foundation's directors, staff, volunteers, representatives, and agents, from any and all liabilities or claims which may occur as a result of my participation in the aforementioned event, whether caused by the negligence of the Esker Foundation, Sharon Cavanagh, or otherwise.

This accident waiver and release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

**BY COMPLETING MY ONLINE REGISTRATION FOR THIS EVENT, I CERTIFY THAT I HAVE READ THIS DOCUMENT, AND HAVE FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A CONTRACT RELEASING THE ESKER FOUNDATION AND SHARON CAVANAGH FROM ANY LIABILITY.**