



CONTEMPLATIVE SCIENCES CENTER

UNIVERSITY *of* VIRGINIA

Release and Waiver of Liability for Participation in Mind Body Practices

By attending an instructional offering through the University of Virginia's Contemplative Sciences Center (the "Center"), I voluntarily agree to the following terms and conditions:

1. I am participating in classes, workshops, and/or other exercises and healing arts activities (collectively, the "Activities") offered by the Center and/or its instructors, teachers, workshop presenters, employees, and independent contractors.
2. I understand that the Activities may require physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
3. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in any physical fitness program, including the Activities. I represent and warrant that I am in proper physical condition to participate in the Activities, and I have no medical condition which would prevent my participation in the Activities. I understand my physical limitations and, if I experience any pain or discomfort, I will stop physical activity before I become ill or injured.
4. In consideration of being permitted to participate in the Activities, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in the Activities.
5. In further consideration of being permitted to participate in the Activities, I knowingly, voluntarily, and expressly waive any claim I may have against the Center and its instructors, teachers, workshop presenters, employees, and independent contractors for any injuries or damage that I may sustain as a result of participating in the Activities.