

MAXSTROM

WAIVER AND RELEASE FORM

Activity: Private Breathwork Session

Instructor: Max Strom

This Waiver and Release Agreement ("Agreement") is entered into by and between Max Strom, the Instructor ("Instructor"), and the undersigned participant ("Participant").

1. Acknowledgement of Non-Therapeutic Nature of Session

- The Participant acknowledges and agrees that the Instructor, Max Strom, is not a therapist. The breathwork session provided by the Instructor is not intended to diagnose, treat, cure, or prevent any mental health or medical conditions.

2. Assumption of Risk

- The Participant acknowledges that participating in breathwork sessions involves inherent risks and potential physical and mental stress. While the Instructor aims to provide a safe and effective session, there exists the potential for unforeseen risks, personal injury, or illness. By signing this Agreement, the Participant assumes all risks associated with participating in the session.

3. Health Certification

- The Participant certifies that they are physically and mentally fit to partake in the breathwork session. The Participant confirms that they are not pregnant, do not suffer from schizophrenia or epilepsy, and are not aware of any other medical condition that might contradict the breathwork techniques used in the session.

4. Medical Advice

- The Participant acknowledges that they have been advised to consult with their physician or other qualified health provider prior to scheduling the session to discuss any potential risks associated with the breathwork session or their underlying conditions.

5. Release and Waiver of Liability

- The Participant, for themselves and their heirs, assigns, personal representatives, and next of kin, hereby releases, indemnifies, and holds harmless the Instructor, his affiliates, officers, agents, employees, volunteers, other participants, and if applicable, owners and lessors of premises used to conduct the session ("Releasees"), from any and all claims, demands, losses, and liability arising out of or related to any injury, disability, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.

6. Acknowledgment of Understanding

- The Participant has read this Waiver and Release of Liability, fully understands its terms, and understands that they are giving up substantial rights, including their right to sue. The Participant acknowledges that they are agreeing freely and voluntarily to all that is stated in this document, which is intended to be a complete and unconditional release of all liability to the greatest extent allowed by law.