

Student Practice Waiver

By signing up for class/booking class or otherwise electronically accepting and agreeing to this Release and Waiver of Liability (this "Release"), you expressly acknowledge that the use of the facilities of And Happenings Yoga/Alyssa Champion, And Happenings Yoga/Alyssa Champion Online, and/or its subsidiaries and affiliates (collectively, "And Happenings Yoga"), or its online classes may involve strength, flexibility, aerobic, cardio and/or other exercises, including the use of equipment, all of which can be potentially hazardous activities that naturally involve the risk of injury to you, whether you or someone else cause it.

You hereby agree that you understand and voluntarily accept this risk for both in person and online classes. In addition, you represent that you are in good health and have no disability, impairment, injury, disease or ailment that would prevent you from safely engaging in active or passive exercise or which would cause increased risk of injury or adverse health consequences as a result of engaging in active or passive exercise.

You hereby acknowledge and agree that And Happenings Yoga/Alyssa Champion will not be liable for any injury, including, without limitation, personal, bodily or mental injury, economic loss or any damage to you, your spouse or partner, guest, unborn child or relatives resulting from the negligence of And Happenings Yoga/Alyssa Champion, And Happenings Yoga/Alyssa Champion Online instruction, or anyone providing services on And Happenings Yoga/Alyssa Champion behalf or anyone else using And Happenings Yoga/Alyssa Champion facilities and you release And Happenings Yoga/Alyssa Champion from any liability related to any such injury.

All sessions, classes, use of And Happenings Yoga/Alyssa Champion studio facilities, use of And Happenings Yoga/Alyssa Champion studio-provided equipment (whether during a class or otherwise), use of any apparatus located within a And Happenings Yoga/Alyssa Champion facility/outdoor pace/park yoga/retreat or use of any other And Happenings Yoga/Alyssa Champion (in person or online) shall be at your sole risk. You understand that the decision to use any equipment or apparatus, or the selection of programs, methods and types of equipment, attendance of classes either in person or online, shall be solely your responsibility and And Happenings Yoga/Alyssa Champion shall not be liable to you for any claims, demands, damages or causes of actions due to injury or illness to you or your property arising out of or in connection with your use of the services or facilities of And Happenings Yoga/Alyssa Champion regardless of whether the injury or damages were caused by the negligence of And Happenings Yoga/Alyssa Champion, its employees or its agents.

This Release specifically applies to claims of negligent instruction and/or supervision that may arise as a result of injuries sustained during classes or individual training sessions either in person or virtual. You acknowledge that you have willingly chosen to engage in activities which may have known risks to your health and that And Happenings Yoga/Alyssa Champion cannot guarantee the health or condition of other attendees, employees, or contractors.

Although And Happenings Yoga instructors/Alyssa Champion may provide guidance during a class or individual session, it is your sole responsibility to discontinue participation in any activity you feel is beyond your capability to safely perform and And

Happenings Yoga/Alyssa Champion will not be responsible for any injuries or damages arising from your engagement in any activities at any And Happenings Yoga/Alyssa Champion or in any And Happenings Yoga/Alyssa Champion Yoga class video regardless of whether they were caused by the negligence of And Happenings Yoga/Alyssa Champion, its employees or its agents.

You acknowledge and agree that this Release applies to any and all incidents occurring on any And Happenings Yoga/Alyssa Champion owned, operated or controlled premises, including slip or trip and fall incidents, regardless of the cause. You further acknowledge and agree that And Happenings Yoga/Alyssa Champion is not liable and does not assume responsibility for any claims, losses, damages, costs or expenses arising out of any inconvenience, loss of enjoyment, upset, disappointment, distress or frustration, whether physical or mental, resulting from any act or omission of And Happenings Yoga/Alyssa Champion or any other party. The scope of this Release specifically includes any and all injuries sustained on the premises of any And Happenings Yoga/Alyssa Champion facility and during any event or program organised or operated by And Happenings Yoga/Alyssa Champion away from its facilities, including, without limitation, in your home, at parks, beaches, community centres and schools.

You expressly acknowledge and agree that by electronically signing or otherwise electronically accepting and agreeing to this Release you are relinquishing all rights you may have to sue And Happenings Yoga/Alyssa Champion for injuries or illnesses arising out of the use of any And Happenings Yoga/Alyssa Champion facilities or its services (either in person or online).

This Release is intended to be interpreted as broadly as allowed under the law where And Happenings Yoga/Alyssa Champion facility is located. By electronically signing or otherwise electronically accepting and agreeing to this Release you certify that you have carefully reviewed, fully understand and agree to the above.