

Yoga Waiver and Release of Liability

In consideration of my voluntary involvement in Yoga, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the company and its insurers, employees, officers, directors, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me, in, on, or about the premises, or as a result of yoga or the use of the equipment or facilities related thereto, regardless of whether such injuries result, in whole or in part, from the negligence of Foundation For The Carolinas ("FFTC"). By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me, and I hereby fully and forever release and discharge the company, its insurers, employees, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities. I expressly agree to indemnify and hold the company harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me.

I agree to be solely responsible for safety and well-being of myself. I understand that the company does not provide supervision, instruction, or assistance for playing pickleball or the use of the facilities and equipment related thereto. I understand and agree that my involvement in yoga, and use of the facilities and equipment related thereto, is completely voluntary and I am not required to participate.

I agree to comply with all rules imposed by FFTC regarding yoga and the use of the facilities and equipment related thereto. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose. I understand and acknowledge that this activity involves risk of serious injury, including permanent disability and death. I understand and agree that FFTC is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

**I HAVE READ THE FOREGOING WAIVER AND RELEASE OF LIABILITY AND VOLUNTARILY
EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.**

Date:

Signature:

Printed Name: