

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY
Women of Worth & Destiny, LLC
WOWD Center for Wellness, WOWD on the GO!
Alessandra D. T. Poroj, PharmD, MDiv, RYT-200hr

I, _____, hereby agree to the following:

1. That I am participating in the yoga classes, as well as other exercise fitness routines, bodywork like Thai foot massage and Thai yoga massage, health and wellness programs, activities and education, and/or workshops/retreats (herein referred to as Wellness Activities) offered by Women of Worth & Destiny, LLC, dba WOWD Center for Wellness, WOWD on the GO!, Alessandra D. T Poroj, PharmD, MDiv, RYT-200hr, staff and consultants (herein referred to as WOWD Center for Wellness) during which I will receive information and instruction about yoga, wellness, fitness, and health. I recognize that yoga, and other exercise fitness routines require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to, and regarding my participation in Wellness Activities offered by WOWD Center for Wellness. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in Wellness Activities. I understand that it is my responsibility to update this waiver with regard to any health condition changes that I experience in the future.

3. In consideration of being permitted to participate in Wellness Activities, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of my participation.

4. In further consideration of being permitted to participate in Wellness Activities, I knowingly, voluntarily and expressly waive any claim I may have against WOWD Center for Wellness for injury or damages that I may sustain as a result of participating in the program, and as a result of my negligence in participating in this activity.

5. I understand that complementary therapies such as Reiki, like other healing arts, are not exact sciences and that no guarantees are being made as to the result of their use and practice.

6. I, my heirs, and/or legal representatives forever release waive, discharge and covenant not to sue by Women of Worth & Destiny, LLC, dba WOWD Center for Wellness, WOWD on the GO!, Alessandra D. T Poroj, PharmD, MDiv, RYT-200hr, staff and consultants for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above. I realize there are special risks that could be associated with pregnancy, prior surgeries, injuries, and medical conditions that may carry additional health concerns. I have discussed these with my personal physician, and I have obtained his or her concurrence to participate in activities offered by Women of Worth & Destiny, LLC, dba WOWD Center for Wellness, WOWD on the GO!, Alessandra D. T Poroj, PharmD, MDiv, RYT-200hr, staff and consultants are not medically trained physicians or experts in medicine, and therefore, realize that their guidance is limited to the practice of yoga and fitness exercise, bodywork, energy work, and education and the techniques and routines associated with them.

This agreement shall be governed by the laws of the Maryland.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

SIGNATURE OF PARTICIPANT

_____/_____/_____
DATE

PRINTED NAME OF PARTICIPANT