

Waiver of Liability

Karin Lefsrud operating as Pinecone Wellness

The undersigned hereby waives and releases, indemnifies, holds harmless and forever discharges Pinecone Wellness and its agents, employees, officers, directors, affiliates, successors and assignees, coaches, teachers and trustees of and from any and all claims, demands, debts, contracts, expenses, causes of action, lawsuits, damages and liabilities, of every kind and nature, whether known or unknown, in law or equity, arising from or in any way relating to my participation in any of the events, workshops, trainings, retreats or activities conducted by or for the benefit of Pinecone Wellness.

I acknowledge there may be risks associated with physical activities, travel, and attendance at events, workshops, trainings, retreats or activities and that while these risks are minimal, they are nonetheless real. These include but are not limited to risks associated with food-borne illnesses or allergic reactions; walking and hiking on lawns, gravel driveways, and dirt paths; bending and reaching, sitting for long periods of time, yoga, and so on. I acknowledge that I am participating in events, retreats or activities voluntarily, and that all risks have been made clear to me. Additionally, I do not have any conditions that will increase my likelihood of experiencing injuries while engaging in any of the events, workshops, trainings, retreats or activities

I further acknowledge that in the event of any accident, injury, or illness, common sense first aid assistance will be offered, and then professional medical assistance will be offered immediately from local providers in the immediate area, and that I am 100% responsible for any professional care that is required as well as any costs associated with same. I acknowledge that I am assuming all risk and responsibility for my personal health and safety while at the events, workshops, trainings, retreats or activities and while being transported to and from activities associated with same, including possible exposure to COVID-19.

I understand that no one associated with Pinecone Wellness has special education, degrees, formal training, or expertise in any areas of self-improvement or personal development or any other area than those advertised, and as such give no advice or present themselves as professionals in any unadvertised field. The goal of the events, workshops, trainings, retreats or activities is to help each guest learn to honour their beautiful, miraculous lives as the magnificent gift they are, and to live a daily life that is joyfully, peacefully congruent with that knowledge through the use of movement, meditation and art, and other creative and enjoyable means which tap into intuition and one's own truth. The events, workshops,

trainings, retreats or activities are in no way a substitute for professional treatment for any diagnosed or undiagnosed physical, mental, or emotional illness, disease, or disorder. I understand that Pinecone Wellness advises me to consult a professional for any of these conditions.

By signing below I forfeit all rights to bring a suit against Karin Lefsrud operating as Pinecone Wellness for any reason. In short, I acknowledge that I am assuming all risk and responsibility for my personal health and safety while at events, workshops, trainings retreats or activities and while being transported to and from activities associated with same.

Signature

Dated this ___ day of _____, 202__