

Participant wishes to undergo educational training at Pacific Northwest Pilates Education, Inc. (PNWPE) to become an instructor in one or more of a variety of exercise systems and specialties such as STOTT PILATES, Yoga, Somatics, Barre exercise, Franklin Method, Melt, ZENGA, Fascial Movement Exercise, or other program (“hereinafter Pilates, Yoga or other Program”).

The course programming to become a Pilates, Yoga or other Programs of exercise may cause injuries, or may exacerbate existing conditions. It is advised that you first consult with your physician about any injuries or existing medical conditions, past or present, before enrolling in any of our programs. We would be happy to speak with your physician or call for a release form on your behalf.

PLEASE READ CAREFULLY! THIS IS A RELEASE AND WAIVER OF CERTAIN LEGAL RIGHTS.

Participant understands that the training to become an instructor in Pilates, Yoga or other Program involves physical exertion, is strenuous, and that injuries may occur when participating in such activities. Participant accepts and assumes the risks associated with training to become a Pilates, Yoga or other Program instructor including, but not limited to, equipment malfunction or failure, overexertion, inability to perform suggested exercises or maneuvers, physical or mental conditions that impede the ability to properly perform suggested exercises or maneuvers, failure to properly operate equipment, and failure to follow instructions. Participant hereby freely and expressly assumes all risk of property damage, injury, and death associated with Pilates, Yoga or other Program.

Participant understands that it is his/her responsibility to consult with a physician prior to and regarding participation in Pilates, Yoga or other Program. Participant represents and warrants that he/she has no physical or mental condition that would prevent full participation in Pilates, Yoga, or other Program. Participant agrees to inform his/her instructor immediately of any physical or mental condition that would prevent his/her full participation in training to be an instructor of any Pilates, Yoga or other Program.

In consideration for participation in our educational programs, receiving instruction in a group, private or semi-private lessons, workshops or certification programs and using the equipment and facilities, Participant hereby agrees to release, hold harmless, and indemnify Pacific Northwest Pilates Education, Inc., and its owners, partners, employees, independent contractors, directors, officers, agents, instructors, licensees and affiliates (“PNWPE”) from any and all claims by or on behalf of Participant against PNWPE arising directly or indirectly out of Participant’s participation in Pilates, Yoga or Program, use of any PNWPE equipment or facilities. This release includes claims and liabilities arising from any cause whatsoever, including, but not limited to, negligence on the part of PNWPE, including without limitation, negligence of its employees, contractors and licensees. This release is binding upon Participant, and Participant’s heirs, assigns, and legal representatives.

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.

PARTICIPANT’S SIGNATURE

DATE

PRINT PARTICIPANT’S NAME

PARTICIPANT’S ADDRESS
