

Mindfulness-Based Stress Reduction General Release And Waiver Of Liability

This Release and Waiver of Liability Agreement is entered into on this **date (print date):** _____, by and between Mindfulness For Living LLC and its agent, Holly Nelson-Johnson, (collectively, the “Instructor”), and **(print name):** _____ (Student). This Release and Waiver of Liability Agreement is intended to be broad and inclusive and includes, but is not limited to, the following terms and conditions:

1. Student’s Representations: Student understands that the Instructor will share with student her/its knowledge of Mindfulness Practice and Mindful Movement in this Mindfulness Education Program (the “Class”). Student agrees to take full responsibility for not exceeding Student’s own personal limits in participating in the Class. Student agrees to take full responsibility for any injury Student might suffer during participation in the Class, or during Student’s personal Practice of Mindfulness and Mindful Movement at any time or any place. Student agrees to take full responsibility, *by seeing a medical provider* if necessary, to ascertain that there is no medical reason that prevents Student from participating in the Class.

2. Release of Liability and Hold Harmless: Student understands that injury can occur as the result of participation in the Class, and the practice of Mindfulness, and Mindful Movement. By participating in the Class, Student assumes, accepts, and acknowledges all responsibility for any injury associated with Student’s participation in the Class and the practice of Mindfulness and Mindful Movement. Student agrees, to the fullest extent allowed by law, to release from liability, and hold harmless, Instructor and all of Instructor’s agents, employees, members, and representatives (the “Indemnified Parties”), and Student agrees to indemnify the Indemnified Parties, from any and all claims, demands, causes of action, liability and damages, including court costs and attorney’s fees, resulting from any injury to Student relating to the Student’s participation in the Class or the Student’s personal practice of Mindfulness and Mindful Movement. This assumption of risk and release of liability and indemnification shall apply even if Instructor’s sole negligence is cause of such injury.

3. Student’s Understanding: Student understands Mindfulness Services are educational, and experience based. Student understands Mindfulness programming is not intended as a replacement of medical, and/or psychological treatment. Student understands she/he may be advised to seek additional medical, and/or psychological support to continue Mindfulness programming, or may be required to discontinue the Mindfulness program.

The Student agrees to be bound by all terms and conditions as stated in the above MBSR Release and Waiver of Liability Agreement.

Name: (Printed) _____ **Date:** _____

Signature: _____

Mindfulness For Living By: _____
Holly Nelson-Johnson, MSN, APN, FNP-BC © 2020 Holly Nelson-Johnson