

**CHRIST MOVES NOW**

**AGREEMENT OF RELEASE AND WAIVER OF LIABILITY FORM**

I, \_\_\_\_\_

I am participating in Christ Moves Now, offered by Stephen Redmon and associates of Yoga Nomder Wellness, LLC. I will receive information and instruction about yoga and health. I recognize that yoga may require some physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician or appropriate healthcare provider at my personal expense prior to and regarding my participation in Christ Moves Now sessions, classes, or workshop – both online, virtual, and in-person. I represent and warrant that I am physically fit and I have no medical condition which I have read the above would prevent my full participation in Christ Moves Now.

In consideration of being permitted to participate in Christ Moves Now. I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

**NO REQUIRED COST TO PARTICIPANTS of CHRIST MOVES NOW.** Christ Moves Now is provided as a community service and is open to anyone. Any payments are on a fully voluntary donation basis. There is required or mandatory cost to participants.

In further consideration of being permitted to participate in Christ Moves Now, I knowingly, voluntarily and expressly waive any claim I may have against Stephen Redmon, Yoga Nomder Wellness, LLC, Nomder Corp, and any associate or substitute teacher (individually) or it's owners, and class/workshop Sponsor, for any injury or damages that I may sustain as a result of participating in the program.

I, my heirs or legal representatives, forever release, waive, discharge and covenant 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.

REGISTRANTS

SIGNATURE \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

If registrant is under 18 a legal guardian's authorization is required:

AS LEGAL GUARDIAN OF \_\_\_\_\_

I CONSENT TO THE ABOVE TERMS AND CONDITIONS.

GUARDIAN'S SIGNATURE: \_\_\_\_\_