



HEALING WHEEL HOLISTIC & Retreats

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310-774-6191 • Healingwheelholistic.com

RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT
(hereinafter "The Release Agreement" Melissa Caiyem and Healing Wheel Holistic and Retreats,
named "Releasee")

BY SIGNING THIS YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR CLAIM
COMPENSATION FOLLOWING AN ACCIDENT. PLEASE READ CAREFULLY

Print Name: _____

Street Address: _____ City, State: _____

Country: _____ Telephone: _____ Email: _____

In this Agreement the term "Wellness programs" "Retreat activities" shall include all activities, programs, outings, events, Qi Gong, Yoga, functional training, swimming, classes, and services provided, sponsored or organized by Healing Wheel Holistic, LLC, and Melissa Caiyem. including but not limited to: Pilates, Reiki, hiking, boating, surfing, snorkeling, cooking, personal training, nutritional and dietary programs, orientation or instructional sessions or lessons, Sound Therapy, Life Coaching, and all other such related activities.

I, Melissa Caiyem, am not a medical doctor. I do not prescribe or diagnose. I am a Nationally Certified Sports Nutritionist; a Nationally Certified Complementary Alternative Health Practitioner; Nationally Certified Personal Trainer, Registered Reiki Master, Internationally Certified Nutrition Coach, Internationally Certified Sound Therapist, and Internationally Certified Life Coach.

ASSUMPTION OF RISKS

I am aware that my participation in Wellness Programs may involve risks, which could result in damage, loss or physical injury to me. Some of these risks, dangers and hazards include, but are not limited to:

- Health: overexertion, dehydration, fatigue, food or supplements reaction, lack of fitness or conditioning.
- Emotional responses to treatment
- Falls and collisions with objects, or equipment
- Negligent design or manufacture of the equipment; failure to use or operate the equipment within my own ability.

I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, PROPERTY DAMAGE AND LOSS RESULTING THEREIN

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In consideration of the Releasees allowing me to participate in Wellness Programs and permitting my use of their equipment, or instructing me on my own equipment, facilities, and services, and for other good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby agree as follows:



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TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against THE RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next-of-kin may suffer as a result of my participation in Wellness Programs DUE TO ANY CAUSE WHATSOEVER

TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any damage, loss, expense or injury to any third party resulting from my participation in wellness programs.
This Agreement shall be effective and binding upon my heirs, next-of-kin, executors, administrators, assigns and representatives, in the event of my death or incapacity.

SAFETY

I am familiar with the proper use of the equipment and agree to take any recommended supplements according to the manufacturer's directions. I will also seek advice of my medical doctor should I feel depression, anxiety, rage, or suicidal thoughts.
In entering into this Agreement, I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of fitness/nutrition programs other than what is set forth in this Agreement.

If nutritional supplementation is recommended, I will take according to the manufacturer's directions as well as that of my nutritionist. I will cross reference with my medical Dr. on all drug interactions before going forward with a supplement routine.

INSURANCE: I am aware that Melissa Caiyem/Healing Wheel Holistic, LLC does not provide me with any disability, accident, liability or medical insurance or compensation, should I become injured or cause personal injury or property damage to any third party while participating in Wellness Programs

TRAVEL INSURANCE: I have been advised that obtaining travel insurance for any attendee or practitioner is a standard policy of attending. A Healing Wheel Retreat. Healing Wheel Holistic and retreats will not assume any responsibility for missing flight, car rentals, lost luggage, or cancelled travel.

I have travel insurance with _____

I have willfully opted out of travel insurance _____ Date: _____

Signature _____ Date: _____