

DECLARATION OF HONOR

Event Name: Training Course ACROYOGA*(HEALTH+EFFICIENCY)=HAPPINESS²

Event Dates: from 2014.08.08 to 2014.08.17

Event Location: Lithuania

By attending Training Course ACROYOGA*(HEALTH+EFFICIENCY)=HAPPINESS²,
I hereby declare the following:

That I am participating voluntarily in classes or workshops offered by the organizers. I recognize that acroyoga requires physical exertion that may be strenuous and may cause physical injury. Due to the strains placed on the body by this strenuous physical activity, the nature of the injuries caused are potentially serious and debilitating and are not limited to the strain of muscles or joints.

I acknowledge the warning that participation in acroyoga classes involves a risk of physical or other harm and I agree that I am fully aware of the risks and hazards involved and am participating at my own risk. 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 a class.

I agree to inform the teacher before the beginning of any class if I have any problems with my general health or injuries that may impact my ability to participate or if I am pregnant.

I agree to listen carefully and follow the teachers instruction at all times, and to ask the teacher to clarify any direction if I do not understand.

I understand that if I experience pain in any particular pose I should come out of the pose and consult with the teacher.

I agree to consult with the teacher if I have any doubt or concerns about a particular pose or about my ability to participate in the class.

I understand that I may receive physical assists or adjustments to enhance or correct my body posture during classes by either the teacher or an assistant in class. I will take accountability for alerting the teacher or assistant if I do not want to receive any adjustments. I will also take accountability for alerting the teacher or assistant of any injury or impairment in advance of them adjusting me.

I understand that I am encouraged to undertake the training course slowly and cautiously as is appropriate for my age, health and physical condition. I will disclose verbally and list below, all of my medical and physical conditions that could affect me and my participation in the Event.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this training course.

I agree to be check by professional physiotherapist and I will take in consideration his advises during the sessions, workshops and acroyoga classes in order to avoid injuries.

To the full extent permitted by law, I, knowingly, voluntarily and expressly agree to absolve and indemnify the organizers from and against all liability for any injury, loss or damage however caused arising out of my participation.

I agree to release and forever discharge the organizers from any claim I may have against the organizers for injury or damages that I may sustain as a result of participating in any classes.

I understand that an area for personal belongings is available during class. However, I agree that the organizers is in no way responsible for the loss or damage of any of my belongings while I attend class. To the full extent permitted by law, I, knowingly, voluntarily and expressly agree to absolve and indemnify the organizers from and against all liability for any injury, loss or damage however caused arising out of my participation.

I understand that at this Event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors organizations and assigns.

I hereby declare I am able and willing to actively participate during the whole duration of training course.

I hereby warrant that I am of legal age and competent to enter into this Declaration of Honor, that I have read this Declaration of Honor carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it, acknowledge that I have signed this Declaration of Honor without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Declaration of Honor. This Declaration of Honor represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Declaration of Honor. If any provision of this Declaration of Honor is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Declaration of Honor and shall not affect the validity and enforceability of any remaining provisions.

(name, surname, signature)

(date)