

Release of Liability & Assumption of Risk

By purchasing and/or enrolling in any class, coaching program, event, product, or wellness plan offered by *Love Yourself Wellness* and/or Rose Lewis, you acknowledge and agree to the following:

1. Voluntary Participation

Participation in physical activities, wellness coaching, or events may involve risks, including but not limited to injury, illness, or unforeseen complications. Clients voluntarily assume all associated risks.

2. Assumption of Risk

You understand that physical activity, nutrition plans, coaching, and wellness services may involve risks, including but not limited to, injury, illness, allergic reactions, or other unforeseen effects. You knowingly and freely assume all such risks, both known and unknown.

3. Medical Clearance

You affirm that you are in good health and have either consulted with a healthcare provider or chosen not to do so before beginning any class, program, or plan. You understand it is your responsibility to monitor your health and seek medical advice as needed.

4. Release of Liability

You hereby release, waive, and discharge *Love Yourself Wellness* and Rose Lewis from any and all liability, claims, demands, or causes of action arising out of or related to participation in any services or use of any products.

5. Indemnification

You agree to indemnify and hold harmless *Love Yourself Wellness* and Rose Lewis from any claims, damages, costs, or expenses (including legal fees) that may arise from your participation, except in cases of gross negligence or intentional misconduct.

6. Emergency Medical Treatment

I understand that Rose and/or *Love Yourself Wellness* staff are certified in CPR/AED and First Aid and may provide basic emergency care if necessary. I consent to such treatment and authorize the seeking of further medical care if required. I agree to release *Love Yourself Wellness* and its staff from liability related to emergency medical aid, in accordance with Pennsylvania's Good Samaritan Law.

7. Products & Consumption

By purchasing and/or consuming any herbal beverages, juices, teas, or wellness products from Love Yourself Wellness, the client acknowledges that these products are not intended to diagnose, treat, cure, or prevent any disease. Clients are responsible for reviewing ingredients and ensuring there are no conflicts with allergies, medications, or medical conditions. By purchasing and/or consuming these products, the client releases Love Yourself Wellness and its owner/providers from any liability related to adverse reactions, misuse, or outcomes associated with their use.

8. Media Release

I understand that classes, events, or sessions may be recorded, photographed, or live-streamed for promotional, educational, or commercial purposes. By participating, I grant Love Yourself Wellness permission to use my image, likeness, and/or voice in any media without compensation. If I do not wish to be recorded, I will notify the instructor in advance.

9. Miscellaneous

This agreement is binding upon myself, my heirs, executors, administrators, and assigns. If any portion of this agreement is found invalid, the remaining provisions remain in full effect. This release shall be governed by the laws of the Commonwealth of Pennsylvania.

10. Acknowledgment of Understanding & Acceptance

By purchasing, enrolling, or attending any class, coaching session, event, or plan, or consuming, you confirm that you have read this release, understood, and voluntarily agree to the terms of this Release of Liability & Assumption of Risk.