

# Brava Pilates

## LIABILITY WAIVER / INFORMED CONSENT

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This agreement is entered into between Pilates instructor Valentina Mudd, Brava Pilates and the undersigned ("Client").

I represent and warrant that I am in good physical health and do not suffer from any medical condition which would limit my participation in the classes, programs or workshops offered by Valentina Mudd and Brava Pilates.

It is my responsibility to inform the instructor of my limitations before class begins. I understand that it is also my responsibility to consult with a physician prior to and regarding my participation in any of the Pilates classes or private sessions, yoga classes, programs, or workshops. I understand the risks associated with the activities offered by Valentina Mudd and Brava Pilates and I accept responsibility for those risks, as affirmed below. I agree to follow all instructions so that I may safely participate in private sessions classes, workshops, or other activities. My assumption of risk includes, but is not limited to, the use of any exercise equipment (mechanical or otherwise).

I hereby WAIVE AND RELEASE Valentina Mudd, and Brava Pilates, its owners, officers, employees, and instructors (collectively referred to as "Valentina Mudd") from all liability to me, or my personal representatives, assigns, heirs and next of kin for any loss, damage, or claim resulting from or related to my participation in the programs offered at Brava Pilates Studio, or in any online class or video (as these classes will be taking place outside of Brava Pilates Studio facilities, we need you to acknowledge that you are responsible for the safe facilitation of those activities), on account of injury to my person or property, whether caused by any negligent act or omission of Valentina Mudd and Brava Pilates or otherwise.

In taking part in the Pilates classes, yoga classes, workshops, or other activities with Valentina Mudd and/or Brava Pilates, I understand, acknowledge and agree that I am fully responsible for and I am releasing and discharging Valentina Mudd and Brava Pilates from all risks inherent in my participation in the activities offered by Valentina Mudd and Brava Pilates or encountered while using Valentina Mudd facilities, including those due to Valentina Mudd's own negligence as well as any risk due to the misconduct of Valentina Mudd's employees or instructors that increase any risk inherent in these activities.

For valuable consideration, I, on behalf of Participant, hereby authorize and grant Valentina Mudd ("Brava Pilates") its representatives, agents, licensees, subsidiaries, affiliates, assigns, officers, directors, shareholders, employees, contractors, subcontractors, clients, and vendors (collectively Valentina Mudd Parties) a worldwide right to record, photograph, copyright, use, re-use, and publish Participant's image, voice, testimonial, property, likeness, and performance on film, tape, publications or otherwise.

I, on behalf of Participant, understand that Valentina Mudd may use the Footage for any lawful purpose, including illustration, publicity, promotion, art, marketing, advertising or trade. This authorization is perpetual in nature and will not expire. I have read the above release and waiver of liability and fully understand its content. I am legally competent to sign and voluntarily agree to the terms and conditions stated above. Please practice mindfully and enjoy the many benefits of practicing with Valentina Mudd.

Client Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date & Place: \_\_\_\_\_

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