

Informed Consent and Liability Waiver Release for Participation in Exercise/PERSONAL training/ fitness/ movement Sessions

I agree and consent to the following:

I am voluntarily participating in _____
exercise/fitness/training session/ program conducted by SASHA WESTRAY.
On zoom/FaceTime/online/or an in person session.

I am voluntarily participating in a class or classes provided by Sasha Westray.

I will be receiving instruction and information concerning fitness and wellness techniques and
I recognize that the program requires physical exertion that may be strenuous at times and may cause physical injury and I am
fully aware of the risks and hazards involved.

I am willingly and voluntarily assuming any risks, injuries or damages, known and unknown, which I might incur as a result of
participating in these sessions/classes, and agree that, Sasha Westray, will not have any liability for such injuries or damages, to
the maximum extent allowed by applicable law.

I acknowledge and agree that Sasha Westray, is not a medical professional and does not provide any medical diagnoses or
treatments. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the
above mentioned program.

I represent and warrant that I have no medical condition that would prevent my participation in the program.

I agree or my caretakers/guardian/parents agree, if I am under 18 years of age,
to assume full responsibility for any risks, injuries or damage know or unknown which I might incur as a result of participating in
the program. Such injuries may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken
bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness, including
death.

I knowingly, voluntarily and expressly waive any claim I may have against, Sasha Westray, for injury or damages that I may
sustain as a result of participating in the program.

To the maximum extent permitted by applicable law,
I hereby (a) waive and release any claims, known or unknown, I may have against, Sasha Westray, including her instructors,
officers, directors, family, and employees and agents, arising from or in connection with the services provided by Sasha Westray
and agree to indemnify Sasha Westray, including its instructors, officers, directors and employees and agents, from and against
any and all Claims.

I, my heirs or representatives _____, forever release waive, discharge and covenant not to sue Sasha Westray or any of
her associates/family/companies, for any injury or death caused by their negligence or other acts.

I have read the above waiver and release of liability and fully understand it contents.
I expressly waive all rights afforded by any statute which limits the effect of a release with respect to unknown claims.

Sessions/Correspondence/Emails/Texts:

The Sasha Westray (The Company) has taken reasonable precautions in compiling this information, you should not assume that
the information found in your session or here is error-free, or that it will be suitable for the particular purpose that you have in
mind when using it.

It is your sole responsibility to satisfy yourself prior to using this information in any way that it is suitable for your purposes. In
particular, please check that any fitness, food products and information meet your dietary requirements and allergies before using
them. It is always advisable to consult with your physician before participating in any kind of fitness/ nutrition program.

Reference to any trade mark or brand, firm or corporation name is for information purposes only and does not constitute an
endorsement of any particular product, or a lack of endorsement of any product which is not referred within.

The Company does not warrant or represent that the information accessible on or throughout this course of time is accurate,
complete or current to your individual needs. In particular, please note that food manufacturers often re-develop their products,

and so product information contained in the archive may be out of date. The Company will not be liable or responsible for any loss, injury, or damage arising from reliance on any information given throughout this correspondence.

Neither Sasha Westray nor any of its affiliates nor its, or their offices, employees or agents shall be liable for any loss, damage or expense arising out of any access to or use of this correspondence or any information linked to it including, without limitation, any loss of profit, indirect, incidental or consequential loss.

The information provided on throughout this correspondence is to be used for personal use only and may not be reproduced or used for commercial purposes.

The participant/buyer/client assumes full responsibility for any injuries, personal issues, and/or consequences that occur from the information given in this correspondence and Sasha Westray and its affiliates are not responsible for any issues that arise from the information.

While the Company makes all reasonable attempts to exclude any problems that may arise from the information provided, it cannot ensure such exclusion and no liability is accepted.

You are recommended to take all appropriate precautions before following any nutrition guidelines, baking/cooking instructions, recipes, or any fitness suggestions or information for your mental, physical, or nutritional health.

It is always recommended to check with your doctor first before starting ANY program.

The terms of this disclaimer are subject to English law.

The participant agrees that the Trainer/Coach is not and will not be liable for any actions or inaction, or for any direct or indirect result of any services provided by the Trainer/Coach. Participant understands Training/coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease or health disorder.

Participant understands that training.session is not to be used as a substitute for professional advice by legal, mental, medical or other qualified professionals and will seek independent professional guidance for such matters.

I voluntarily agree to the terms and conditions stated above.

Date: _____ / _____ / _____

Signature

Print Name: _____

Parent/guardian: _____

Date: _____