

WAIVER OF LIABILITY

BY PARTICIPATING IN ANY ACTIVITY HOSTED OR LED BY YTRAINER, I AGREE TO THE FOLLOWING:

1. I understand that I am participating in an "Activity" (defined below) during which I will receive information and instruction about physical movement. I recognize that this Activity requires physical exertion, which may be strenuous or cause physical injury, and I am fully aware of the risks and hazards involved. "Activity" is defined as any Pranalife Yoga related event which I attend, whether offered in a physical location or online via videos, television, podcasts, apps or other digital media or platforms.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in this Activity. I represent and warrant that I have no medical condition that would prevent my participation in physical fitness activities. I understand my physical limitations and I am sufficiently self-aware to stop or modify my participation in any Activity before I become injured or aggravate a pre-existing injury.

3. By participating in any YTRAINER Activity, I assume full responsibility for any risks, injuries or damages, known and unknown, which I might incur as a result of my participation.

4. I knowingly, voluntarily, and expressly waive any "claim" (defined below) I may have against instructors, owners, presenters, employees, independent contractors, staff, or building leaseholders for injuries or damages that I may sustain as a result of participating in this YTRAINER related Activity. "Claim" includes but is not limited to any and all liabilities, claims, demands, expenses, fees, legal actions, rights of actions for damages, personal injury, mental suffering and distress, or death that I may suffer, my spouse, children or unborn child may suffer (including any legal fees or expenses) in connection with participation in any

Activity.

5. I grant permission to use my likeness in a photograph, video or other digital media in any and all of YTRAINER publications, including on web-based and marketing platforms, without payment or other consideration.

NOTE: This clause is primarily for testimonials you provide on-camera. Any other video containing your likeness would NOT be used without Yurkenia Hernandez contacting you prior for permission, and you are free to deny permission for such content.

6. I understand that the login and access information granted to me is for my use only and exclusively. I will not share logins, access, or any content from the classes I attend without Yurkenia's prior and explicit permission, and doing so may mean my expulsion without compensation from access to any paid content from YTRAINER (Yurkenia Hernandez)

- ☐ I have read and fully understand and agree to the above terms of this Liability Waiver Agreement.
- ☐ I am digitally signing this agreement voluntarily and recognize that my digital signature serves as a complete and unconditional release of all liability(required)

First Name:	Last Name	Signature