

# LIABILITY WAIVER, RELEASE, AND ASSUMPTION OF RISK

Balanced Educators  
Revision v2026-05-01b

**Event:** Community Flow: A Yoga Fundraiser for Educators  
**Date:** Saturday, May 2, 2026  
**Location:** One Hope Church, 1251 S Sherman St, Richardson, TX 75081  
**Host:** Balanced Educators ("Organization")

## PARTICIPANT INFORMATION

Full Name (printed): \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_  
Emergency Contact Phone: \_\_\_\_\_

### 1. ACKNOWLEDGMENT AND ASSUMPTION OF RISK

I understand that participation in yoga and related physical activities (the "Activity") involves inherent risks, including but not limited to muscle strain, sprains, ligament and joint injuries, falls, exacerbation of pre-existing medical conditions, dehydration, fainting, cardiac events, and injuries to body or property. I voluntarily choose to participate in the Activity with full knowledge of these risks and EXPRESSLY ASSUME ALL SUCH RISKS, whether known or unknown, foreseen or unforeseen.

### 2. MEDICAL FITNESS AND CONSULTATION

I represent that I am physically able to participate in the Activity and have no medical condition that would prevent safe participation. I have been advised to, and have had the opportunity to, consult a physician before participating. I will inform the instructor of any condition, injury, or limitation that may affect my participation, and I will modify or stop the Activity as needed for my safety. I authorize Balanced Educators and its volunteers to obtain emergency medical care on my behalf if I am unable to consent, and I agree to be responsible for the cost of such care.

### 3. RELEASE OF LIABILITY (READ CAREFULLY)

**IN CONSIDERATION OF MY VOLUNTARY PARTICIPATION IN THE ACTIVITY, I, ON BEHALF OF MYSELF, MY HEIRS, FAMILY MEMBERS, ASSIGNS, AND PERSONAL REPRESENTATIVES, HEREBY RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE BALANCED EDUCATORS, ITS DIRECTORS, OFFICERS, EMPLOYEES, VOLUNTEERS, INSTRUCTORS, ONE HOPE CHURCH AS HOST FACILITY, AND ALL OTHER PARTIES ASSOCIATED WITH THE EVENT (COLLECTIVELY, THE "RELEASED PARTIES") FROM ANY AND ALL CLAIMS, DEMANDS, LOSSES, OR DAMAGES ARISING OUT OF OR RELATED TO MY PARTICIPATION IN THE ACTIVITY, INCLUDING ANY CLAIMS CAUSED BY THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER ACTIVE OR PASSIVE.**

This release does not extend to claims arising from the gross negligence or intentional misconduct of the Released Parties, nor does it limit any rights that cannot be waived under applicable law.

### 4. INDEMNIFICATION

I agree to indemnify and hold harmless the Released Parties from any loss, liability, damage, or cost they may incur arising from my participation in the Activity, except to the extent caused by the gross negligence or intentional misconduct of the Released Parties.

### 5. GOVERNING LAW AND SEVERABILITY

This Agreement shall be governed by and construed under the laws of the State of Texas. If any provision of this Agreement is found to be unenforceable, the remaining provisions shall remain in full force and effect.

### 6. ACKNOWLEDGMENT

**I HAVE READ THIS AGREEMENT CAREFULLY, UNDERSTAND ITS TERMS, AND SIGN IT VOLUNTARILY.**

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_