

Catherine Liska and Inner Lotus, LLC (doing business as Vibrant Joy Movement)

**EVENT: Sacred Magic: The Miracle of Your Body Being Spirit Sept 28-30, 2018**

VENUE: Wild Rice Retreat, Bayfield Wisconsin

**Assumption of Risk and Waiver of Liability  
Photo/Video Release Form**

**ASSUMPTION OF RISK AND WAIVER OF LIABILITY**

I represent and warrant that I am physically fit and have no medical conditions that would prevent my full participation in this mindful movement/gentle yoga/body-mind-spirit integrative retreat experience.

I acknowledge that during this retreat I am fully responsible for my own health and well-being. I acknowledge that it is important never to do any practice to the point of pain or discomfort. I am aware that there is some risk involved in all physical activity and that I am responsible for recognizing my own physical limits.

I understand that if I am pregnant or have an injury or condition that may limit my participation it is my responsibility to notify the Vibrant Joy retreat staff and take steps to ensure my own health and safety, including consulting my physician before participating in this retreat.

I acknowledge and understand that the activities I participate in while at Wild Rice Retreat (WRR) buildings and grounds are unsupervised by WRR personnel and I freely and fully assume all risk of injury, death or damage, waiving all claims or damages for money or other relief against WRR or its owner, Superior Living Arts, LLC or their agents, staff and employees, successors or assigns, unless the injuries or damages result from their active negligence or intentional misconduct.

I hereby agree to irrevocably waive, release and discharge any and all claims and liabilities against Catherine Liska and Inner Lotus, LLC ( d.b.a. Vibrant Joy Movement (VJM)) and her staff and volunteer assistants for any personal injury, death or damage to the person or property, or loss sustained as a result of participation in this retreat.

I understand that this waiver is binding on me during this Event facilitated by Catherine Liska of VJM held at WRR facilities and is further binding on me, my family, my estate and any other company or person who might make a claim through me or on my behalf.

***I, the undersigned, being of legal age, have read this waiver and fully understand it. I have received a copy, if so requested.***

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

PRINTED NAME: \_\_\_\_\_

WITNESS: \_\_\_\_\_

Catherine Liska and Inner Lotus, LLC (doing business as Vibrant Joy Movement)

**EVENT: Sacred Magic: The Miracle of Your Body Being Spirit Sept 28-30, 2018**

VENUE: Wild Rice Retreat, Bayfield Wisconsin

**PHOTO/VIDEO RELEASE FORM**

I hereby grant to Catherine Siri Sat Liska, Inner Lotus, LLC (d.b.a. Vibrant Joy Movement) and Wild Rice Retreat the absolute and irrevocable right and unrestricted permission to use photographic portraits/images/videos in which I appear that are taken during the course of this retreat to use/republish/copyright, etc. for commercial use in association with Catherine Siri Sat Liska's, Inner Lotus, LLC/ Vibrant Joy Movement's and Wild Rice Retreat's business.

I hereby release and discharge Catherine Siri Sat Liska, Inner Lotus LLC/ Vibrant Joy Movement and Wild Rice Retreat from any and all claims and demands arising out of or in connection with the use of the photographs and video footage, including without limitation any and all claims for libel or invasion of privacy.

***I, the undersigned, being of legal age, have read this release form and fully understand it. I have received a copy, if so requested.***

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

PRINTED NAME: \_\_\_\_\_

WITNESS: \_\_\_\_\_