

Liability Waiver

LIABILITY WAIVER AND RELEASE AGREEMENT

This Agreement is made between the undersigned client _____ and Shannon Hershman/Be Well My Body, LLC in connection with participation online and/or in-person sessions and courses including but not limited to Pilates, Mobility Training, Dance, Fascia Release Work (including Yamuna Body Rolling®, Yamuna Foot Fitness®, Foam Rolling, Fascia Stretch Therapy™), Stretching, CranioSacral Therapy, Reiki, Quantum Energy Healing, and Tuning Fork Sound Therapy (collectively, the “Services”).

By signing this Agreement, the Client voluntarily agrees to the terms outlined below:

1. Voluntary Participation and Assumption of Risk

I acknowledge that I am voluntarily participating in the Services offered by the Practitioner, whether online or in person. These Services may include physical movement, stretching, strength training, bodywork, and energy healing practices. I understand that these activities carry inherent risks, including but not limited to physical injury, emotional discomfort, mental stress, and the aggravation of pre-existing conditions.

I certify that I am physically, mentally, and emotionally fit to participate in these Services and that I have either consulted with a healthcare provider or have chosen to participate at my own risk.

I voluntarily assume all risks associated with my participation in these Services, whether such risks are known or unknown to me at this time.

2. Release of Liability

In consideration for participating in the Services, I hereby release, waive, discharge, and covenant not to sue Shannon Hershman/Be Well My Body, LLC, its employees, contractors, agents, heirs, successors, or assigns from any and all claims, demands, liabilities, damages, or causes of action, known or unknown, arising out of or in any way connected with my participation in the Services, **whether conducted online or in person.**

This includes, but is not limited to, claims for personal injury, property damage, or wrongful death, whether caused by negligence or otherwise.

3. No Medical or Therapeutic Guarantee

I understand that the Services provided do not constitute medical treatment, physical therapy, or diagnosis. The Practitioner is not a licensed medical provider and does not claim to cure, diagnose, or treat any physical, mental, or emotional condition.

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I understand that energy-based modalities, including Reiki and Quantum Energy Healing, are considered complementary and alternative and are not a substitute for medical or psychological treatment by licensed professionals.

I understand that energy healing modalities such as Reiki and Quantum Energy Healing are considered complementary and alternative practices and are not a substitute for professional medical or psychological treatment.

4. Confidentiality

The Practitioner will maintain the confidentiality of all personal information shared before, during, or after the sessions, in accordance with applicable laws and ethical guidelines. I understand that online communication carries inherent security risks that are outside the Practitioner's control, and I accept such risks.

5. Technology and Environment for Online Sessions

For online sessions, I am responsible for creating a safe, private space and for ensuring a stable internet connection. I understand that the Practitioner cannot be held liable for injuries or accidents that occur due to my physical environment or technical issues during an online session.

6. Jurisdiction

This Agreement shall be governed by and construed in accordance with the laws of the State of Illinois, USA, without regard to conflict of law principles. For international clients, it is understood that the Services are being provided from Illinois, USA, and any disputes shall be resolved under U.S. jurisdiction.

7. Entire Agreement

This document constitutes the entire agreement between the Client and Practitioner. If any provision of this Agreement is found to be unenforceable or invalid, the remainder of the Agreement shall remain in full force and effect.

8. Acknowledgment

I have read this Liability Waiver and Release Agreement in its entirety and fully understand its contents. I am at least 18 years of age and legally competent to sign this Agreement. By signing below, I confirm that I agree to be legally bound by its terms.

Liability Waiver

I have read this waiver in full and understand its contents. I am at least 18 years of age and fully competent to sign this release. By signing electronically or checking the acknowledgment box (for online use), I agree to be legally bound by its terms.