



## Release from Liability Form

### Participant Liability

In consideration of my participation in 8 week Meditation and Mindfulness Training courses or short workshops, delivered by a qualified instructor, I hereby release *Zen Skills*, its employees and officers from any liability for injuries, loss or damage to personal property which may occur while participating in this course / event.

I understand the risks of participation which may include but are not limited to experiences relating to physical and mental development which may manifest in the form of mental or physical strain. I understand that whilst following instruction it remains my personal responsibility to always remain safe and to avoid such strains.

I understand that whilst physical wellbeing is a well evidenced benefit of meditation, the course should not be considered a medical intervention. The instructor does not provide medical advice or treatment and does not hold a medical qualification.

I do not have any pre-existing medical conditions that may preclude me from participating in this activity.

I understand that my participation is strictly voluntary.

Participant Name

Signature

Date

### Participants below 18 years

Parent/Guardian Name

Signature

Date