

Tai Chi Fan Course

By Theresa Perry Wellbeing

Declaration of Understanding and Waiver of Liability

Consent and Assumption of Risk Statement

Thank you for choosing to participate in a Tai Chi Fan Course with Theresa Perry Wellbeing. Before you begin, we ask that you carefully read and agree to this waiver.

I fully understand that there are risks and dangers associated with training/practicing in Chinese martial Arts (Wushu, Kung Fu, Tai Chi) and Qigong, including but not limited to bodily injury, communicable diseases, partial or total disability, paralysis, and death. I assume full responsibility for any, and all injuries, damages, or losses that I may sustain while participating in the class.

I also understand that it is my responsibility to consult with my physician before beginning this or any other exercise program. I certify that I am physically able to participate in this class, and that I will inform the instructor of any health conditions or physical limitations that may affect my ability to safely participate.

I acknowledge and agree to the following terms and conditions for participating in this session facilitated by Theresa Perry Wellbeing:

Personal Use of Materials: I agree that all materials provided during this course, including handouts, worksheets, and any other resources, are for my personal use only. I will not reproduce, distribute, or share these materials without the express written consent of Theresa Perry Wellbeing.

Coaching as Advice: I acknowledge that any coaching provided during this class is for informational and educational purposes only. It is not intended as therapy, counselling, or medical advice. I understand that I am solely responsible for my own wellbeing and decisions.

No Liability: I agree not to hold Theresa Perry Wellbeing, its representatives, or any associated parties liable for any loss, costs, injuries, or any other conditions incurred by me, whether physical, emotional, or psychological, caused directly or indirectly by the coaching or techniques taught during these workshop sessions.

I have read and understood the terms of this waiver statement and voluntarily agree to participate in this course with full knowledge of its content and implications. By agreeing to this waiver, I acknowledge that I have read and fully understand the above information, and that I voluntarily assume all risks associated with participation in the class at Theresa Perry Wellbeing.