

WAIVER FORM



**Girl Guides of Canada
Young Adult Summit 2024**
Saturday, November 16th
Self-Care Session
The 'Listen to Your Body' Waiver Form

First and Last Name

Email Address

What is your level of chair yoga knowledge?

- Doing chair yoga for the first time!
- Tried chair yoga once or a few times
- Practice regularly
- I'd rather not share

Any areas of sensitivity in your body or anything else you care to share with the facilitator to best support you during the session? (Optional)

Terms & Signature

Whether in stillness, reflection, activity, or movement, each individual may respond differently when going inward into self on any given day and accidents are never planned.

By joining this self care session, you agree that Erica Gittens (Mindfulness Facilitator) is not liable for any personal injuries (physical, mental, emotional) of participants. Erica's intention is to guide practices individuals can choose to participate in toward self-care and wellness. Your signature below confirms your agreement to the terms above.

Your Signature