



## **Yoga and Cacao Ceremony Agreement, Release and Waive of Liability Statement**

**It is your responsibility to inform the instructor of limitations before class or Ceremony begins. Please read the following and ask if you have any questions.**

### **Yoga**

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor. I assume full responsibility for any and all damages, which may incur through participation.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By booking on and attending class, I affirm that a licensed physician/GP has verified my good health and physical condition to participate in such a fitness class.

In addition, I will make the instructor aware of any medical conditions or physical limitations before class.

If I am pregnant, become pregnant or I am post-natal or post-surgical, I will not attend class. If I do, I affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk.

I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Aventurine Wellbeing/Aventurine Yoga or any instructors teaching on behalf of Aventurine Wellbeing/Aventurine Yoga.

### **Cacao**

I agree I will not engage in a Cacao Ceremony if I am pregnant or experience frequent migraines.

I agree to consult with my GP before ingesting ceremonial cacao if I am taking any form of medication or have an ongoing health concern.

I agree that I will inform the Cacao Ceremonialist if I am currently taking anti-depressant medication.

I agree to hydrate myself adequately with plenty of fresh water in the time leading up to a ceremony or ingesting Cacao. Please ensure you have plenty of water to hand throughout your ceremony be it online or in person. You will also need to drink lots of water in the days following your ceremony.

It is not advisable to eat a large meal in the two hours leading up to a ceremony. Avoiding cow dairy intake, heavy/fatty food and caffeine on the day is also highly recommended to make a good physical environment in your body for the cacao to arrive in. It is a good idea to nibble on a light snack after your ceremony to ground your energy.

If you are allergic to chocolate then you will also be allergic to the Cacao served at this event. We are not responsible for allergic reactions or experiences, this is not a hallucinogen or mind-altering substance.

By participating in Aventurine Wellbeing/Aventurine Cacao Ceremonies, including ingesting ceremonial cacao under our guidance, I assume all responsibility of any risk of injury or damage resulting from my participation. In booking my space online I am agreeing that I have read and understood the above information.

I have read and fully understand and agree to the above terms of this Agreement and Release of Waiver of Liability. By booking online and attending class or Ceremony, I affirm that my attendance serves as complete and unconditional release of all liability to the greatest extent allowed by law in the United Kingdom.