

## Sunset Hill Qigong Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Special Health Needs: \_\_\_\_\_

Which class do you prefer to attend? Tuesday @ 4:00 PM or Tuesday @ 5:15 PM

What would you like to experience from your classes?

\_\_\_\_\_

How did you hear about Sunset Hill Qigong? \_\_\_\_\_

Any previous Taijiquan or Qigong experience?

\_\_\_\_\_

Anything else you would like for me to know?

\_\_\_\_\_

**Premises Liability Waiver:** The student assumes any and all risks of injury associated with or in any manner related to his or her use of presence upon Sunset Hill Community Center.

The student assumes any and all risks of injury associated with use of equipment located within Sunset Hill Community Association's facilities.

This waiver applies whether you are using equipment at the time of the injury or whether your injury occurs as a result of your presence upon the premises regardless of purpose or activity at the time of the injury-causing incident.

The student agrees and covenants not to sue or otherwise attempt to hold Sunset Hill Community Association, Phinney Neighborhood Association or Michelle Thoreson liable for any injuries regardless of the cause.

The student agrees to indemnify and hold Sunset Hill Community Association, Phinney Neighborhood Association and Michelle Thoreson harmless against any and all claims arising out of the student's presence upon the Sunset Hill Community Club premises by any family member or guest of the student, regardless of the cause.

This waiver and release agreement is intended to be as broad as is allowed under the applicable law and applies to any and all claims for damages, regardless of whether they are allegedly caused by Sunset Hill Community Association, Phinney Neighborhood Association or instructor, Michelle Thoreson.

This waiver and release agreement applies to all injuries including, but not limited to slipping in the facility, QiGong movements/practices, malfunctioning equipment, ventilation/heating.

By way of my signature, I have read, understood and accepted this liability waiver as a binding contract.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Student (signature)                      Student (print)                      Date

**Instructor Liability Waiver:** Qigong has existed for centuries and has proven safe and beneficial for most age groups and fitness levels. However, Qigong is considered physical exercise and does use the body sometimes in ways that it may not be used to, so you must be mindful at all times and take full responsibility for your comfort and health.

**Consult with your health care provider if you have any doubt at all about your capacity to engage in physical exercise.**

Michelle Thoreson, LAc is not liable for mishaps or injury sustained during class or at any time while practicing during outside of the class.

**It is the student's responsibility to inform the instructor of any injuries or special health needs before, during or after your class.**

**It is the student's responsibility to practice in ways that are safe for themselves.**

Your signature and enrollment in the class signifies that you understand this waiver and accept full responsibility for your health and well-being, and hold Michelle Thoreson harmless in any injury, illness or mishap associated or not with your practice of Qigong methods taught by Michelle Thoreson.

**I have read, understood and accepted this liability waiver as a binding contract**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Student (signature)      Student (print)      Date