

WAIVER AND RELEASE OF LIABILITY

Welcome! Before participating in Léa Sol LLC's services, we need you to thoroughly read, understand, and agree to this Waiver and Release of Liability (the "**Waiver**"). The purpose of this Waiver is to clearly communicate some risks of participating with us, and to have you release Léa Sol LLC of any liability if you get injured or sick, if you have complications or side effects, if any of your things are lost, stolen or broken, or if anything else goes wrong.

If you are a minor in the State of Iowa or in your place of residence, your legal guardian must also sign this Waiver on your behalf.

PLEASE READ CAREFULLY TO MAKE SURE YOU UNDERSTAND THIS WAIVER. PLEASE ASK QUESTIONS IF ANYTHING IS UNCLEAR. WE ARE HERE TO SUPPORT YOU. BY SIGNING THIS YOU AGREE YOU ARE SIGNING AWAY YOUR LEGAL RIGHTS TO SUE, AND YOU AGREE TO BE BOUND BY ALL THE TERMS OF THIS WAIVER.

1. **Parties.** We are Léa Sol LLC, a Limited Liability Company based in the State of Iowa. In this Waiver, we will refer to ourselves as "**Léa Sol LLC**," "**us**," "**we**," and "**our**." We'll refer to you, the undersigned (electronically or by hand), or the person who has clicked "I Agree" (or something similar) to this Waiver, as "**you**" or "**your**."
2. **The Services.** While with us at Léa Sol LLC, you may receive the following empowering services and more (the "**Services**"):
 - 2.1. shamanic healing and energy work,
 - 2.2. spiritual development, coaching, mentoring, guidance
 - 2.3. leadership coaching,
 - 2.4. mindset and embodiment coaching,
 - 2.5. reiki energy healing and long-distance healing
 - 2.6. Hypnotherapy & past life regression
 - 2.7. breathwork facilitation
 - 2.8. cranial sacral therapy
 - 2.9. tarot and oracle intuitive guidance,
 - 2.10. yoga, yoga nidra, meditation facilitation
 - 2.11. business entrepreneurship coaching,
 - 2.12. bodywork and massage therapy
 - 2.13. The Services also apply to any of the Services made available for online streaming, via audio and video recorded clips, and any other participation or that take place outside of Léa Sol LLC's facilities, including outdoors or at your home.
3. **Inherent Risks.** You understand that receiving the Services poses inherent risks and potential side effects, some more obvious or serious than others. These risks can result in serious harm and injuries that could change your quality of life, so we want you to be aware of them beforehand. Potential side effects and injuries include but are not limited to:
 - 3.1. Risks of physical injury such as muscle tears, strains, and other musculoskeletal injuries, sprains, fractures, broken bones, cardiovascular complications, high blood pressure, dehydration, dizziness, and fainting.
 - 3.2. Emotional, psychological and physiological changes, distress, disorientation related to changes in lifestyle, confronting difficult issues, personal challenges, and suppressed feelings or thoughts.
 - 3.3. Exposure to and contraction of COVID-19 or other communicable diseases passed on via other participants and use of shared space, surfaces, or equipment.
 - 3.4. There are additional risks posed by receiving the Services outside of Léa Sol LLC's facilities, as this is a different environment. You acknowledge that where you agree to receive the Services outside of Léa Sol LLC's facilities you accept the increased and additional risks that come with this setting.
 - 3.5. There may be other reasonable risks posed for Services performed outdoors, such as sun exposure and risk of dehydration, insects, exposure to infections, diseases, pollutants as well as other environmental

factors. You understand and agree that Léa Sol LLC is not responsible for any injuries caused as a result of performing the Services outdoors.

4. **Affirmation of Health.** By agreeing to receive the Services, you agree that you are healthy enough to receive them. If you are unsure, you affirm that you have sought medical advice and consulted with your primary care physician to determine that these are the right treatments for you and do not pose a significantly increased risk to your health. **If you have any pre-existing medical conditions, physical injuries, weakness, or are pregnant or post-natal, you should consult with your doctor first before engaging with the Services.** Please communicate and inform us IMMEDIATELY if at any point you do not feel well during the Services.
5. **COVID-19 & Infectious Disease.** You acknowledge that every time you come to Léa Sol LLC to receive the Services you are affirming that you are healthy and that you do not present an increased risk due to COVID-19 or other infectious diseases. If at any point within 14 days prior to receiving the Services, you have suffered from symptoms of a communicable disease (including but not limited to fever, chills, cough, shortness of breath, or sore throat), been in close contact with someone with a known or suspected case or in a hot spot area, or else are uncertain of your health or risk of transmission, you agree not to visit our business or seek our Services and you should consult with your doctor. You agree to update us regarding your health or risk factor and to comply with all measures and policies implemented by Léa Sol LLC and applicable public health guidelines (federal, state, local, CDC and others) as updated, including but not limited to wearing masks, personal hygiene and social distancing, and taking your temperature or allowing it to be checked before entering Léa Sol LLC's place of business. We are all in this together and it is important to follow guidelines, act responsibly and with care towards one another in order to ensure everyone's safety!
 - 5.1. **Consent to Cooperate with Contact Tracing.** You understand and agree that Léa Sol LLC may disclose your personal information to the relevant authorities as required by law and policies related to the containment of COVID-19 through contact tracing or for other lawful purposes.
6. **Medical Disclaimer.** You fully understand that Léa Sol LLC is not a medical or healthcare professional and that the Services and any information, consultation or facilitation provided by Léa Sol LLC does not constitute medical treatment or advice. You acknowledge and agree that your use of any dietary, lifestyle or wellness recommendations or information is completely voluntary and you are solely responsible for freely choosing to implement them. Regarding any physical or mental health problems, ailments, conditions, eating disorders, or other diseases, you are now being advised that it is your responsibility to obtain competent medical advice from a licensed medical or mental health professional. You understand and agree that any service rendered by Léa Sol LLC is not designed to diagnose, cure or prevent any disease, pain, deformity, injury, or mental or physical condition of any kind.
7. **Voluntary Assumption of Risk.** You have read this Waiver and understand the risks of receiving the Services provided by Léa Sol LLC. By signing, electronic signing, or clicking "I Agree" (or something similar), you are confirming your voluntary engagement and assumption of the risks of the Services.
8. **Lost or Stolen Personal Items.** You agree that it is solely your responsibility to safeguard your personal items, and Léa Sol LLC is in no way responsible for any of your personal property that is damaged, lost, or stolen before, during, or after your participation in the Services.
9. **Release, Waiver and Indemnity.** You hereby release, hold harmless, indemnify and waive any claims against Léa Sol LLC and its members, owners, directors, officers, contractors, employees, affiliates, volunteers, associates, landlords, agents, executors, administrators, successors, family members and assigns (the **"Released Parties"**) with respect to any and all liability and damages incurred during, or in any way associated with, your participation in the Services with Léa Sol LLC, however caused, including as a result of the Released Parties' negligence, including but not limited to damage to or loss of personal property, personal injuries, death, illness, or any cause of action related to premises liability. You are releasing the Released Parties at your own risk and you agree to forfeit any and all forms of legal recourse which may be available to you, including but not limited to any form of damages, as a result of your participation in the Services. You agree that this provision applies to you, your family, heirs, executors or anyone else who may be able to bring a legal action on your behalf in the future.
10. **Continued Agreement.** Agreement to this Waiver will act as your continued agreement to all ensuing treatments, workshops and Services whether in person (inside or outside), online, or via video conferencing tool.

11. General Legal Provisions. Choice of Laws and Venue. This Waiver will be governed exclusively by the laws of the State of Iowa. The parties agree to irrevocably submit all claims to the exclusive jurisdiction of the courts of the State of Iowa. **Severability.** If any terms or provisions of this Waiver are invalid or unenforceable, the other provisions in the Waiver will remain in full force and effect. **Entire Agreement.** This Waiver constitutes the entire agreement between the parties and replaces any prior agreements. **Online Agreement.** The parties agree that this Waiver may be signed electronically or agreed to by having you click "I Agree" (or something similar), the effect of which will be the same as signing by hand.

You agree that you have read this Waiver and fully understand its contents and voluntarily agree to be bound to all of its terms.

Printed name _____

Signature _____ Date _____

Signature of parent or guardian if the participant is a minor _____

Printed name _____ Date _____

Thank you for communicating honestly with us. We look forward to welcoming you at Léa Sol LLC!