

Retreat Agreement with Waiver of Liability and Release

PLEASE READ CAREFULLY

Date of Retreat: Fri March 20-22, 2026

Location: Casa Om, Martinsburg, VA

Registration Fee: 50% of full amount by venmo, cash or check

Amount Paid \$ _____

Amount Due \$ _____

Deadline for remainder of payment: Jan 1

Failure to pay full Registration Fee by the deadline will result in forfeiture of all funds paid to JLove Wellness LLC.

No cancellations or refunds.

This Agreement is made in Fairfax, Virginia by and between the person signing this Agreement as Participant ("Participant"); and JLove Wellness, LLC, its members, and their successors and assigns ("JLove"). This Agreement releases JLove and Jennifer Chestnut {"Jenny"} from all liability arising from or pertaining to the Retreat.

1. Definitions.

"Retreat" include events with Jenny and JLove Wellness held at Casa Om Potomac.

"Activities" include, but are not limited to the following activities which may be provided and/or sponsored by JLove: yoga, hiking, excursions, training, classes, instruction, traveling to and from the Retreat, and all other activities associated with the Retreat.

"Risks" include, but are not limited to those known risks inherent to the Activities specifically listed below: vehicular travel and traffic, road and trail conditions, known and unknown health conditions, allergies, sudden weather changes, rain, snow, wind, hail, lightening, motion sickness, dehydration, heat stroke, snake bite, bee and other insect stings and/or bites, wild and domestic animals, inaccessibility to immediate medical attention, falling rocks and trees, equipment failure, driver error, rider error, Participant error, food provided, facilities, actions of other people, and acts of God.

Risks inherent in yoga activities are dangers or conditions that are an integral part of yoga activities, including but not limited to minor muscle strains, muscle sprains, bruises, abrasions, post-exercise muscle soreness, joint injuries, torn muscles, heat-related illnesses, broken bones, ACL injuries, back injuries, stroke, heart attack, paralysis, death, and injury or death caused by any of the following: equipment that break or otherwise fails; slips and falls, lack of nutrition or hydration, negligence on the part of Participant or other people around Participant, terrain, facilities, temperature, weather, condition, equipment, actions of other people including, but not limited to, participants, volunteers, spectators, and teachers. Risk is inherent in the activities of the Retreat.

2. Waiver of Liability and Release. Participant, his or her heirs, executors, successors and assigns, does hereby release and forever discharge Jenny and JLove and their heirs, executors, successors and assigns, from any and all liability, claims, and causes in action, which arise or may hereafter arise or are in any way connected to Participant's involvement in a Retreat. Participant understands that this Agreement discharges Jenny and JLove from any liability or claim that the Participant may have against Jenny and JLove with respect to any bodily injury, personal injury, illness, death, or property damage that may result from

Participant's involvement in a Retreat, whether caused by the negligence of Jenny and JLove, or otherwise. Jenny and JLove do not assume any responsibility for or obligation to provide financial assistance or other assistance, including but not limited to medical, health, or disability insurance in the event of injury or illness. Participant understands and acknowledges that the activities in which Participant will voluntarily engage in at a Retreat bear certain known inherent Risks that contribute to the unique character of these activities, and that Jenny and JLove cannot eliminate, alter, or control these inherent risks. These Risks include those inherent in yoga activities, hiking, swimming or other activities not listed.

3. Indemnification and Hold Harmless. Participant hereby agrees to indemnify and hold harmless Jenny and JLove from any and all liability, claims, and causes in action, which are in any way connected to Participant's involvement in a Retreat, or use of **Casa Om** facilities or equipment, or other facilities or equipment, including any such claims which allege negligent acts or omissions of Jenny and JLove.

4. Medical Care Release. Participant does hereby release and forever discharge Jenny and JLove from any liability, claims, and causes in action that arise or may hereafter arise on account of any first aid, treatment, or service rendered or not rendered in connection with the Participant's involvement in a Retreat.

5. Certification and Assumption of Risk. Participant hereby certifies that he/she is sufficiently physically fit to participate in the Retreat, has trained sufficiently for participation in the Retreat and has not been advised otherwise by a qualified medical person. Jenny and JLove are not qualified to evaluate Participant or Participant's fitness for involvement in the Retreat. Participant must determine if he or she is sufficiently fit to participate. Participant hereby expressly and specifically assumes the risk of injury or harm from the Participant's involvement in the Retreat, including, but not limited to all Risks. Participant agrees that his/her involvement in the Retreat is purely voluntary, and Participant elects to participate in the Retreat in regardless of the Risks.

6. Personal Property. Participant acknowledges and agrees that he/she is responsible for his/her equipment and all personal property during the Retreat and that Jenny and JLove are not responsible in any way for such property which may be lost, stolen or damaged.

7. Photographic Release. Participant grants Jenny and JLove all rights, title and interest in any and all photographic images, video or audio recordings made by Jenny and JLove during the Retreat, including but not limited to royalties, proceeds, or other benefits derived. Participant authorizes Jenny and JLove to use such images, words, and likenesses for marketing, on websites, in brochures or other writings and any for any other legitimate purpose.

8. Governing Law and Interpretation. This Agreement is governed by the law of Virginia, and shall be construed broadly to provide a release and waiver to Jenny and JLove to the maximum extent permitted by law. If any portion of this document shall be held as invalid it is agreed that the balance shall continue to be in full force and effect.

Print Participant's Full Legal Name: _____

Participant DOB _____ Age: _____

Cell Phone Number _____

Mailing Address: _____

Email Address: _____

Participant Signature: _____

Date: _____

Room Selection: _____

Room Selection accepted and confirmed: _____

Allergies: _____

Acceptance by JLove Wellness LLC:

_____ Date _____
By Jenny Chestnut

Questions:

Anything disclosed to me - is confidential :)

Have you done yoga before? Hot Yoga?

Any prior injuries? Physical limitations?

Anything else you would like me to know about you?

Emergency Contact for the weekend:

Please complete and email to jenniferkchestnut@gmail.com to complete your registration.