



Resilient Align Pain Solutions is a holistic approach designed to eliminate chronic pain and restore functional movement and balance.

### **Waiver and Release of Liability**

I, hereby acknowledge that I have voluntarily chosen to participate in a posture alignment coaching program with Resilient Align Pain Solutions. I understand that the program includes corrective exercises practiced in the clinic and on my own at home.

### **Acknowledgment of Risks:**

- I acknowledge that postural alignment exercises can involve a risk of injury.
- I understand that it is my responsibility to consult with a physician if I experience symptoms that are unresponsive to posture alignment coaching.
- I understand that it is also my responsibility to communicate with my coach any concerns that may arise in the process of coaching.
- I declare that I am physically able to participate in this program.

### **Release of Liability:**

- I hereby release Resilient Align Pain Solutions, its coaches and representatives from any claims, demands, and causes of action arising from my participation in the posture alignment exercise program.
- I fully understand that I may injure myself as a result of my participation and I voluntarily assume the risk of such injury.
- I agree to indemnify and hold harmless Resilient Align Pain Solutions against any claims of injury, damage, or loss.

### **Acknowledgment of Understanding:**

- I have read this waiver and release of liability and fully understand its terms.
- I acknowledge that I am signing this waiver freely and voluntarily.
- I agree that this waiver and release is binding upon myself, my heirs, executors, administrators, and representatives.