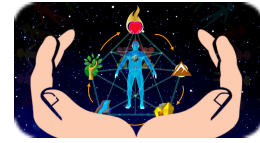


Essence of Tai Chi

Liability Waiver



As participant in Timothy Motoyuki Prag (Certified Tai Chi and Five Element Medical Chi Gong Instructor)'s Class, I acknowledge active participation in the following:

Mindfulness-Based Movement: Application of mindful awareness to movement as taught through specific Tai Chi, Qi Gong and mindful movement exercises; including principles such as joint alignment, deep breathing & internal focus, smooth movement, muscle challenge and relaxation; and setting up a progressive and motivating routine.

I understand the **possible benefits** of this work include:

- Sustained enhancements in quality of life; in health, happiness, personal achievement and in the knowledge, mindsets and skill sets that support them.
- Increased comfort and ease in the body and in moving through daily life
- Increase blood circulation, oxygen and energy efficiency
- Improvements in posture, strength, balance, mobility and flexibility
- Enhancements in both physical and psychological resilience
- Improvements in quality and depth of sleep
- Improved blood-sugar regulation and metabolic function
- Improvements in physical beauty & personal vitality
- Reductions in pain, discomfort and other negative symptoms associated with my condition.

I understand that my voluntary participation in mindfulness-based movement is associated with the **following risks:**

- possible worsening or exacerbation of existing condition
- Increases in swelling, pain and/or discomfort
- falling, injury, or death

I willingly assume all responsibility and liability for these possible risks and benefits, and hereby release Timothy Motoyuki Prag from any liability associated with the my voluntary participation in the aforementioned education processes and exercises.

Furthermore, I release Timothy Motoyuki Prag from liability regarding claims made by me, my heirs & family, executors and administrators in connection with the above activities, except for failure to perform them with appropriate quality & caring demeanor.

[Client Signature]

[Date]

[Printed name]