RELEASE, WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

By purchasing a STUDIO LB digital subscription and/or attending a Lauren Boggi Activation, I agree and understand as follows: Goldenboggi, LLC (“**Lauren Boggi Active”)** is not liable for any damages arising from any personal injuries sustained by me (as a guest or a member) on my property or on or about the premises of **the Lauren Boggi Activation** retreats, workouts or events**,** in attending or participating in **Lauren Boggi Active Activation** workouts or programs, using the facilities and any equipment, or during travel to and from the site of the Activation, and I do so at my own risk. While in an urban environment and/or foreign country, there is an unlikely but real risk of being the victim of a crime, including a violent crime. I will take full responsibility for being vigilant against any crime or accident that can be prevented by being aware, alert and intelligent. I assume full responsibility for any injuries, or damages which may occur while attending a **Lauren Boggi Activation**, or using the facilities there and I hereby fully and forever release and discharge **Lauren Boggi Active**, its owners, employees, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting or arising out of my use or intended use of the facilities and equipment or participating in any workouts and programs there.

I warrant, represent and agree that I am at least 18 years old, in good physical condition and I have no disability, impairment, or ailment preventing me from engaging in active or passive exercise that will be detrimental or inimical to my health, safety, comfort, or physical condition. **If my health condition changes or I become pregnant, I agree to inform Lauren Boggi Active in writing. I will take full responsibility of my health and/or pregnancy should I continue exercising or traveling with Lauren Boggi Active,** I will avoid doing any exercises that my physician advises me not to do.

I understand that in certain situations, a doctor's note may be required for me to continue exercising with Lauren Boggi Active.

I understand that **Lauren Boggi Active** does not and is not providing me with any insurance coverage and is not associated with my individual travel insurance policy provided through World Nomads. **Lauren Boggi Active** shall not be responsible for the loss or theft of, or damage to any of my personal property.

On behalf of myself, my heirs, beneficiaries, administrators and personal representatives, I waive all claims for injuries or damages arising out of my use of the equipment, of the participation in the programs and hereby release **Lauren Boggi Active**, as well as its officers, directors, assigns, members, agents and employees from all such claims arising out of my participation in the programs at **Lauren Boggi Active**.

I understand that no refunds will be issued.

I understand that **Lauren Boggi Active** programs and workouts include proprietary and protected content and agree that I will not copy, make derivative works of, or otherwise use the **Lauren Boggi Active** program except as provided by **Lauren Boggi Active**.

I understand and agree to all of the above.

_____ _____

Client’s Signature Date Email Address

_____ _____

Client’s Name (please print) Phone Number

_____ _____ _____

Emergency Contact Name (please print) Phone Number Email