

**Being In Motion**  
**Liability Waiver for Clients and Students of Eliana Lynne Uretsky**

I understand that I, , will be participating in online and/or in-person guided lymph classes, fitness training, movement classes or sessions being facilitated by Eliana Lynne Uretsky. This may require physical exertion on my part. Although the most common injuries or symptoms associated with physical movement involve sprains, strains, dizziness, fainting, and/or discomfort in breathing, I recognize that there is a risk of serious injury – and in extreme cases, death - associated with any movement training.

I understand that by signing this statement, I am agreeing to not hold Eliana Lynne Uretsky or any insurers responsible for any physical, emotional, or mental injury or property damage that I may suffer as a result of my participation in any session or class through Being In Motion, whether in a facility, outdoors, at home, or elsewhere. As such, I agree to participate at my own risk and take full responsibility for my actions. I acknowledge this personal assumption of risk and agree to hold free Eliana Lynne Uretsky and Being In Motion from any claims, demands, or actions including but not limited to claims for personal injury arising from participation in any online class or private session.

Signature

Date