



RELEASE and WAIVER

I agree and affirm that I will be participating in activities offered by Swirl Etudes at my own risk and that I am aware of inherent risks in participating in GYROTONIC® GYROKINESIS® and movement exercises. Client fully releases and holds harmless Swirl Etudes LLC, its teachers, directors, owner and other clients for any injury sustained whether taught in person or virtually arising from participation in any Swirl Etudes exercise or program activity including and without limitation to any equipment. Client agrees to exercise with reasonable and sensible caution for their wellbeing.

Client agrees that Gyrotonic and Gyrokinesis sessions on Zoom may not be recorded by video or audio.

Client has read, understands, acknowledges, and agrees to the above e described terms and conditions.

Please return signed waiver: info@swirletudes.com (electronic signatures appearing on this agreement are the same as handwritten signatures for the purposes of validity, enforceability, and admissibility).

Print Name

Sign Name

Date