

## **Release, Waiver, and Assumption of Risk**

In consideration of being accepted into the Immersion 2019 Program (the "Program"), which includes Unified Mindfulness meditation instruction, offered by UM-HUB LLC (the "Company") and presented by the Company's designated instructors and other representatives (collectively, the "Instructors"), you, the undersigned, agree as follows:

### **1. Medical and Other Therapeutic Considerations**

You represent to the Company, the Instructors, and any and all other persons responsible for the conduct of the Program that if you have previously experienced or have reason to believe that you will experience severe negative reactions to introspective practice, or if you suffer from any severe emotional or psychological condition, then you will seek advice from a competent medical or other psychotherapeutic professional and obtain his or her consent before participating in the Program. In such event, or if you suffer from any of the adverse reactions listed below (d–g), or if you are taking any form of psychotropic medication including antianxiety, antidepressant, anticonvulsant, or antipsychotic medications, you agree to consult with and obtain the advice and consent of your medical or other therapeutic provider and to promptly notify the Company at the following email address: support@unifiedmindfulness.com. You acknowledge that mindfulness meditation is not a substitute for psychotherapy or medical treatment for conditions which may require those forms of treatment, and that the Company has accepted you into the Program in reliance on the above representation.

### **2. Acknowledgement of Potential Reactions**

Some mild reactions to meditation are fairly common and generally temporary. You acknowledge that you are aware of potential mild reactions that can occur during and after meditation, including without limitation:

- a. increased emotional sensitivity;
- b. moderate exacerbation of physical pain and discomfort; and
- c. temporary altered states, including visions.

Although strongly negative reactions to meditation are unusual, they occasionally occur. You acknowledge that you are aware of the potential for adverse reactions that can occur during and after meditation, including without limitation:

- d. onset or rekindling of depression, anxiety, or other psychiatric disorders;
- e. onset or reappearance of psychotic symptoms;
- f. onset or reappearance of negative behavior patterns; and
- g. significant exacerbation of physical pain and discomfort.

In such event, you agree to notify the Company at the email address stated in paragraph 1 above.

### **3. Liability**

You release and agree not to sue UM-HUB LLC, Unified Mindfulness LLC (jointly, "UM"), the Instructors, and/or the members, managers, representatives, agents, or employees of UM (collectively, the "Releasees"), from and for any and all liability to you and your heirs for any loss or damage and any claim or demand for such liability on account of injury of any kind to you, arising out of or related to your participation in the Program, whether caused by the negligence of the Releasees or otherwise. You agree to assume full responsibility for any risk of mental or bodily injury arising out of or related to the Program, whether caused by the negligence of Releasees or otherwise.

#### **4. No Obligation to Engage in Techniques**

The Program includes skill training in how to practice the Unified Mindfulness system of meditation. You acknowledge that, if for any reason you are unable to participate or think it unwise to engage in these techniques and exercises either during the class sessions or when working on your own, you are under no obligation to engage in these techniques.

#### **5. Acts and Omissions**

You agree that this Release, Waiver, and Assumption of Risk extends to all acts and omissions by the Releasees and is intended to be as broad and inclusive as is permitted by the laws of the applicable jurisdiction(s), and that if any portion of this document is held invalid, it is agreed that the remainder shall nonetheless continue in full legal force and effect.

As a condition to participating in the Program, you acknowledge and agree that you have read this document and fully understand its terms, and agree to it voluntarily without any inducement, assurance, or guarantee being made to you.