

Client Agreement Sharing Happiness

This Client Agreement of Release, Waiver and Indemnification of Liability (hereinafter "Agreement") is entered into between me ("Participant") and Sharing Happiness - Astrid Meier, ("Organizer"). As an agreement to participate in the activities, both in-person and online.

The parties hereby agree as follows:

1. This Agreement is made under and shall be construed, governed and enforced in accordance with the laws of Switzerland. The term of this Agreement is for regular sessions over the next twelve months.
2. The Participant agrees that in the event of any action against the Promoter, for any reason, whether to enforce the terms of this Agreement or on any other basis, all disputes between the Participant and the Promoter shall be litigated in Zurich, Switzerland and the Participant waives any rights he/she may have in any other jurisdiction.
3. Participant certifies that he/she is not, or has not in the past been, affected by any of the following diagnoses or conditions: psychosis, paranoia, bipolar personality disorder, epilepsy, severe asthma, diabetes, current pregnancy, drastic and/or recent surgery, unhealed injuries, cardiovascular disease, elevated blood pressure, aneurysm, retinal detachment, cataracts, glaucoma, taking strong medications. If you have any doubts about whether you should participate, consult your physician or therapist, as well as a facilitator, before attending.
4. The participant understands that certain activities he/she does during the Breathwork Session are physically, emotionally and/or mentally demanding. This includes, but is not limited to, breathing faster and deeper than normal for an extended period of time, which may cause dizziness, palpitations, tingling/numbness of extremities, carpedal spasms (involuntary contractions of the muscles of the hands and feet), ringing/noise in the ears, clouded/distorted vision, distortion of perception, and feelings of lightness, amazement, and/or euphoria. Loud music is also used during Breathwork sessions.
5. The participant confirms that he/she is at least 18 years old.
6. Participant understands that a Breathwork Session is intended as a personal development and should not be used as a substitute for psychotherapy.
7. Participant agrees to abide by the stated and generally accepted guidelines and standards of participation in Breathwork Sessions. However, if Participant notices any

unusual danger during Participation, including but not limited to physical symptoms that Participant believes may pose a risk to Participant's physical well-being, Participant will immediately withdraw from participation in the Breathwork Session and immediately bring it to the attention of the Organizer or a counselor.

8. Participant understands, acknowledges and agrees that Organizer is NOT a physician or therapist and that Breathwork is NOT intended to diagnose or treat any disease, illness or disorder, whether physical, mental, psychological or emotional.
9. Participant acknowledges, understands and agrees that this Agreement and all releases, terms and conditions contained herein shall apply with equal force and govern all future programs, both in-person and online, in which Participant participates with Promoter, thereby eliminating the need to acknowledge this Agreement each time activities or events are participated in by Promoter. Participant further agrees to notify Organizer of any changes in Participant's medical condition prior to participating in any Event.
10. Participant understands that because his/her experience is affected by his/her own psyche, despite any representations made by Organizer or Organizer's staff or any marketing materials of the Programs, Organizer cannot guarantee any particular type of experience, outcome or benefit by participating in the Program.
11. Participant agrees to assume full responsibility for his/her own physical, emotional and mental health and to hold the Organizer harmless from any physical, emotional and/or mental damages attributable to him/her. Participant further indemnifies and holds harmless the Organizer from any loss, liability, injury, damage or expense that may arise out of or in connection with participation in the Program.
12. Participant acknowledges that he/she (a) has been informed of the nature of the activities that will be conducted during the Program and understands the risks and difficulties that may be encountered during the Program; and (b) that if at any time during the Breathwork he/she feels too uncomfortable to continue, he/she must stop immediately and contact the Organizer before continuing. Participant understands that he/she may decline any of the activities. Participant understands that by accepting this statement and participating in the program, he/she assumes the risks associated with the activities. Participant further understands that these activities are best conducted in the presence of or in conjunction with the organizer for best results.
13. Participant understands that contraindications to the planned activities may exist if Participant suffers or has suffered from medical or psychological/psychiatric conditions that require professional care; and that the activities described may also trigger repressed trauma.
14. Participant agrees to keep any comments, information or experiences of other participants confidential.

15. The Participant understands and agrees that he/she will attend and participate in the Program at the sole discretion of the Organizer, and that attendance and/or participation may be terminated at any time without being informed of the reason. The participant agrees not to be recorded, either audio or video, of these sessions or the persons participating in them. No photographs will be taken of any person unless the person photographed has given prior consent.
16. If any provision of this contract is invalid or illegal, this shall not affect the validity of the remaining provisions of this contract. In that event, this Agreement shall be construed as if it did not contain the invalid or illegal part, and the rights and obligations of the parties shall be construed and enforced accordingly.

I have read this Agreement and understand that it contains a release of all claims for injuries and damages, and I have either consulted with an attorney or, in my sole discretion, elected not to do so. I voluntarily accept the terms of this agreement. If English is not my native language, I have either learned enough English to read and understand this Agreement or have had this Agreement explained to me in my native language.