

**ASSUMPTION OF RISK, RELEASE, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT**  
(this "Agreement")

NOTICE:

THIS DOCUMENTS AFFECTS LEGAL RIGHTS, INCLUDING YOUR RIGHT TO SUE, AND CREATES LEGAL RESPONSIBILITIES.  
PLEASE READ IT CAREFULLY BEFORE YOU SIGN.

**To:** MEGAN LAMMAM (the "Host")  
**Event:** FOREST BATHING EXPERIENCE (the "Event")  
**Date of Event:** \_\_\_\_\_

IN CONSIDERATION of the Host accepting my application for, and allowing me to participate in the Event, I agree as follows:

1. ASSUMPTION OF RISK

I acknowledge and agree that:

- (a) participation in the Event involves potential dangers, risks and hazards; and
- (b) my participation in the Event is entirely at my own risk and that I freely accept all the inherent risks of participating in the Event and the possibility of personal injury, death, assault, property damage and loss resulting therefrom.

2. RELEASE AND WAIVER OF CLAIM

I waive any and all claims I may now, and in the future, have against, and release and discharge from all liability, and agree not to sue, the Host, its employees, agents, administrators, representatives, heirs, successors and assigns (collectively, the "Released Parties") with respect to any and all liability, costs (including legal costs), claims, damages, demands, actions and causes of action of whatever kind which might arise from or in connection with my participation in the Event including, without limitation, any personal, mental or physical injury, illness, death, property damage, loss of personal freedom or financial loss or other loss suffered by me or any other family members or dependants, arising, directly or indirectly, from my participation in the Event, whether foreseen or unforeseen and regardless of the cause thereof including, without limitation, negligence or partial negligence on the part of the Released Parties or any of them.

3. INDEMNITY

I agree to hold harmless and to indemnify the Released Parties for any and all claims made against any of the Released Parties by any person, including any claim or action by or on behalf of my spouse or dependants (present or future), for damages suffered or costs incurred arising out of or related to any aspect of my participation in the Event, including, without limitation, any of the matters described or contemplated in Section 2 above.

4. USE OF PHOTOGRAPHY

I permit the guides to take photographs of me during our walk and use the photos at their professional discretion for promotional purposes, including but not limited to, social media and news media pertaining to forest bathing and forest therapy walks.

5. UNDERSTANDING

I declare that I fully understand the terms of this Agreement and that I have not been influenced by any representations or statements made by or on behalf of the Host not recorded herein.

I confirm that I am the full age of 18 years and I have read and understood this Agreement prior to signing it and I agree that the legal rights and obligations under this Agreement will be binding upon my heirs, next-of-kin, executors, administrators and successors. I am aware that by signing this Agreement I am releasing and waiving certain legal rights, including the right to sue and to be awarded potentially substantial damages, which I or my heirs, next-of-kin, executors, administrators and assigns have or may have against the Released Parties.

6. JURISDICTION

I agree that this Agreement will be governed in all respects by and interpreted in accordance with the laws of the Province of British Columbia.

Signed by the participant this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_.

X \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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Email:

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Mobile:

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