



Acknowledgement of Risk Waiver, Release of Claims & Terms and Conditions

Before signing this acknowledgement of risk, waiver and release of claims. You must read this agreement very carefully. If an accident, emotional incident inside or outside of the studio were to occur involving you and/or your minor. You and/or your minor (by signing this agreement) would be giving up legal rights that you and/or your minor would otherwise have. If you do not understand anything in this agreement, or if you object to any provision contained in this agreement, you should not sign it but should seek advice from your legal counsel.

Meditation

Urban meditation brings a modern approach to an ancient practice, blending the new with the old to fit into urban busy lifestyle. While the mental and psychological effects are well researched and documented each experience differs for every individual.

We do not diagnose, treat, cure or provide any medical advice or service. Nothing provided by Urban Meditation, affiliates and/or partners shall be considered medical advice or treatment. If you have any concerns, medical conditions, pre-existing injury or illness, please consult a licensed health care provider.

With the practice of mediation and the clearing of energy blocks you may encounter the following. Irritability, tired, mood swings, energy releases such a crying or laughing.

Urban mediation is not liable for any and all effects that you encounter during and/or after your meditations. You are on self-guided journey and you enter and participate at your own risk and take full responsibility for your journey. You are free to leave and are not required to stay in meditation studio for any reason.

Urban Meditation does not push or have any affiliation with any religious groups, and/or churches. Our meditations no way reference or promote any religion or belief. However, we do believe in a higher power. We do use the word God in our meditations & believe in the powerful effects that bring to the meditation experience. You are in no way forced to believe, repeat or take part in any mediations using the word God & are free to leave the studio at any time.

There is a disclaimer announcement before the word God is used during a mediation and you are free to leave before the session begins.

You agree to defend, hold harmless and indemnify us for any of your negligent or reckless acts or omissions. You warrant and represent that you have no medical, mental health or another condition, which would prohibit you from participating in any of our services or purchasing any products.

If you have any medical concerns, under a doctors care for mental health, pregnant, or have any medical conditions please consult your doctor before engaging in mediation and/or energy work.

Pregnant women are not permitted on the meditation floor when heated

One on One Healings & Intuitive Chakra Energy Analysis

I understand that this is energy work of the mind and body. Energy work does not diagnose, prescribe substances, nor interfere with treatment of a licensed medical professional.

Clients remain fully clothed throughout entire session

By signing this agreement, you agree that touching on the hands, face and feet may be used in energy reflexology.

I understand that one on one energy work is being provided by an Urban Meditation energy practitioner at my request. I agree to hold my energy practitioner harmless and understand that she is not responsible for the outcome of the session.

Intuitive Charka Energy Analysis are provided for guidance only. What you decide to do with the information including actions you take, is down to you own person responsibility and choice. All intuitive analysis should at no time be regarded as legal, medical, financial psychological or business advice and are subject to your own interpretation and judgment. All intuitive analysis is for entertainment purposes only. Services are not a substitute for professional services, and it is advised that you should seek advice from the relevant qualified expert.

Essential Oils

I understand that Sacred Health & Beauty essential oils sold at Urban Mediation are potent plant extracts and are to be used at your own risk.

Women who are pregnant and/ or nursing should not use essentials oils

Children under 18 years of age should not use our essential oils

Keep oils away from eyes and all oral cavities

Anyone with allergies, specifically nuts or pollen should consult a doctor before using any essential oils.

Testing Oils on a small patch of skin for 24hrs prior to essential oils application is recommended.

By signing this I release Sacred Health & Beauty, Urban Meditation from any and all liability regarding testing the oils in studio, purchasing regarding any adverse reactions, health problems resulting in use of essential oils.

Essential Oils are not used to diagnose, to treat or cure any medical concern or illness and statements have not been evaluated by the FDA. Use at your own risk

Crystals & Retail Products

Products sold by Haaiah LLC (DBA Sacred Health & Beauty) and/or Urban Detox LLC (DBA Urban Meditation) are specifically designed to enhance the user's own energy. Our products and crystals are empowered by the user's own personal intentions to change or improve themselves. As an energy enhancer, our products rely on the user to be effective. The responsibility for empowering the energy enhancing capability of the products and crystals by Haaiah LLC (DBA Sacred Health & Beauty) and/or Urban Detox LLC (DBA Urban Meditation) is solely with the user. Therefore, Haaiah LLC (DBA Sacred Health & Beauty) and/or Urban Detox LLC (DBA Urban Meditation) products do not constitute a warranty, guarantee or prediction regarding the outcome of an individual using any specific product. While all our products are sold and advertised in good faith, results and outcomes do vary and cannot be guaranteed. Haaiah LLC (DBA Sacred Health & Beauty) and/or Urban Detox LLC (DBA Urban Meditation) accepts no responsibility or liability for the effectiveness of the products sold herein.

We at Haaiah LLC (DBA Sacred Health & Beauty) and/or Urban Detox LLC (DBA Urban Meditation) are not doctors and cannot give out medical advice. Healing crystals should be used as a complement to other therapies and not as a replacement for medical treatment, diagnosis or examination. For medical advice, please consult a licensed healthcare specialist.

When you purchase and/or use an Haaiah LLC (DBA Sacred Health & Beauty) and/or Urban Detox LLC (DBA Urban Meditation) you agree to fully release, indemnify, and hold harmless, Haaiah LLC (DBA Sacred Health & Beauty) and/or Urban Detox LLC (DBA Urban Meditation) its principals, owners, personal representatives, consultants, employees and assigns from any claim or liability whatsoever and for any damage or injury, personal, financial, emotional, psychological or otherwise, which you may incur arising at any time out of or in relation to your use of the products sold at or on Haaiah LLC (DBA Sacred Health & Beauty) and/or Urban Detox LLC (DBA Urban Meditation) website.

We at Haaiah LLC (DBA Sacred Health & Beauty) and/or Urban Detox LLC (DBA Urban Meditation) have your best interests at heart. We sincerely hope that each of our users have a positive and insightful experience with our products.

Price Increases & Class, Appointment Cancel Fees

By signing this agreement, I agree with the monthly payment terms, packages or walk in rates determined by Urban Meditation. I relinquish my right to bargain or negotiate any other payment

terms or pricing. I also understand if I later change my mind or didn't understand the payment terms-by signing this I understand I am still bound by the agreement.

Urban meditation reserves the right to increase membership fees, packages or drop in rates at any time. For monthly membership fee increases a 30-day email notice will be sent prior to increased package pricing.

For all meditation classes & appointments cancellations must be made 3 hrs. before the start of your booked session. If a late cancel occurs, you will lose your session & charged the full amount. Members will be charged \$9 per late cancel of a meditation session.

Return Policy

All Sales of products and packages are final sale and no refunds will be given.

Packages that are purchased have 12 months to use all session from the time of purchase before they expire.

Termination of membership by Urban Meditation

Urban meditation reserves the right to terminate any membership, drop in customer or package at any time for any reason.

In the event of a termination a refund will be given for the balance of the package if purchased. The membership fees will stop immediately upon notice of membership being revoked.

Abuse or the studio, crystals & oils will not be tolerated. Harassment of any other members and mediation practices that deal with negativity or occult practices will be immediately removed from the facility, membership revoked and banned from any Urban Meditation indefinitely.

Freeze Policy

You may freeze your membership twice per contractual year. Each freeze period may last for a minimum of one (1) month and maximum of two (2) months.

In the event you have a doctors' note for a physical or mental health issue you unable to participate in classes you can request a "medical" freeze. That will freeze your membership upon doctor release note. You must provide a doctor's letter at the time of your request.

If you are pregnant you are able to freeze with a doctor's note for up to 9 months.

Term & Cancellation Policy

This is a month to month membership and is automatically drafted each month on the same day as your initial billing date. Automated and electronic payment continue each month until you tell us to stop. You must give a thirty (30) day notice. You may cancel for any reason. However, if you do not give a thirty (30) day notice you will be cancelled the next billing cycle.

In order properly cancel your membership, you must submit a signed cancellation of membership notice to the studio in accordance with the term and conditions of membership. In the event your studio cannot collect payment electronically, you will be notified and payment,

must be made by other means, no later than the 15th day after due date to avoid a cancellation in membership.

All meditation packages are final sale. Full amount of package will be charge up front. No returns or cancellations will be given.

No returns on drop in clients. All charges will be made up front before admittance into the meditation studio.

Membership Fee

By signing below member authorizes us to charge the credit/debit card presented by the member for all charges incurred by the member in association with his/her membership plan, including enrollment dues and monthly recurring charges.

Hours of Operation

From time to time, the studio may partially or fully close and be unavailable for use for reasons including, without limitation, renovation, repair, special events, or holidays. Hours of operation will be displayed in the studio but may be modified from time to time without notice.

Responsibilities & Policies

1. Registration for Class: to participate in a meditation class or one on one session you must make a reservation either via mind body app, in person appointment. Booking is on a first come first serve basis. You can book into a session up to thirty (30) days prior to session date or however far out the schedule permits.
2. Eight (8) hour class cancel policy: Urban Meditation enforces a strict 8-hour cancellation policy and late cancellations and no shows will lose their payed session. If unlimited membership, they will be charged a \$5 no show/late cancel fee to the card on file with Urban Meditation.
3. Class Tardiness: timely attendance for classes are mandatory. If you arrive to your class after the scheduled start time you will forfeit, your reservation in that session to another member on a waitlist. We encourage you to arrive at least 10 minutes early to reserve your space in the studio & relax & prepare for meditation.
4. There are no cell phones permitted inside of the meditation studio. Lockers are providers for cell phones and personal belongs.
5. Crystals not purchased from Urban Meditation are not permitted inside the studio unless personally cleansed by Urban Mediation and cleared for admittance
6. Once mediation has started no speaking or talking in studio
7. Representation of Health & Fitness: You represent to the studio you are in good health and have no disability, impairment, injury, disease or ailment that prevents you from engaging in passive exercise, sitting, laying or would cause an increased risk of industry or adverse health consequence as a result of such physical or mental exercise.
8. No Medical Treatment: You understand and acknowledge that Urban Meditation nor its personnel have expertise in diagnosing, examining or treating any medical condition. In the event you experience any illness, injury, discomfort, impairment or other health problem prior to, during or after a session or any other use of the studio you agree to

immediately inform Urban Meditation personnel of such a health problem and consult your physician and reconfirm your physician consent to or approval or your continues participation in classes or other activities at or with Urban Mediation.

9. **Drugs and Alcohol Use and Impairment Prohibited:** you agree that while at the studio or participating in a session you shall not use or be under the influence or medication that may impair your physical or mental capabilities, alcohol or drugs. You acknowledge and agree that such use or influence may increase the risk or injury, mental clarity and become harmful to yourself and others even resulting in death.
10. Shoes are not permitted inside the mediation studio, participants may wear socks, slippers or bare feet.
11. You agree that Urban Meditation will not be liable for the loss or theft of or damage to your personal property.

Photography and Testimonial Consent: You hereby grant permission to Urban Meditation & Haaiah LLC, its owners, employees or other authorized agent or representatives including independent contractors to take and use, testimonials, photographs, videos and/or digital images of you for use in news releases, educational materials or purposes related to Urban Mediation business. These materials might include printed or electronic publications, websites or other electronic communications such as social medial. You further agree that your name and identity may be revealed in descriptive text or commentary in connection with the testimonial or images. You authorize the use of the foregoing without compensation to you. All negatives print and/or digital reproduction shall be the property of Urban Mediation.

Signing

By signing this for you release Urban Detox LLC (DBA Urban Mediation) & Haaiah LLC, subsidiaries, affiliates, owners, members, officers, directors, partner, employees, consultants, advisors, agents, lawyers, insurers, subcontractors and volunteers from any and all claims of emotional or physical injury, from any loss, obligation, damages, costs, claims, claims or causes of action of any nature known or unknown, that you and any third party have or many have in the future towards us following the use of Urban Detox LLC & Haaiah LLC, products or services.

I have read this agreement thoroughly and fully understand it. I enter into it voluntarily on behalf of myself, my spouse, my heirs, next of kin, personal representatives, related individuals and related entities. No one has made me any representations, statement or inducement that changes or modifies anything written in this agreement.

I have read all and understood all of the foregoing and am in agreement with the terms and conditions contained herein. I understand that I am waiving rights I would otherwise have and do that knowingly and willingly.

Printed Name:	
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Signature:	
Date:	