

Dear Student,

You are registered for course # 4302-393, "Work Out With the Creator of P90X®" with Tony Horton on August 28-30, 2015.

We have enclosed two waivers which you must sign and return to us prior to the beginning of the workshop. Please read them carefully, sign, and return them by:

Mail:  
Omega Institute for Holistic Studies  
Attn: Registration Dept  
150 Lake Drive  
Rhinebeck, NY 12572

Or scan and email:  
[classapplications@eOmega.org](mailto:classapplications@eOmega.org)

We look forward to seeing you this season!

Sincerely,  
*The Omega Staff*

**OMEGA INSTITUTE Waiver**

**Work Out With the Creator of P90X®**

**Tony Horton**

**Course # 4302-393**

**August 28-30, 2015**

In consideration of the services of Tony Horton in connection with the course described above (the "Course") and other good and valuable consideration, receipt of which is hereby acknowledged, I, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representatives and estate, hereby agree to release, indemnify and discharge the Omega Institute for Holistic Studies, Inc. ("Omega"), their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf, from any and all claims, demands, or causes of action, which are in any way connected with my participation in the Course, based on the following:

- 2a.** I am aware that I will be expected to monitor my own exertion level and communicate any injuries or aggravations I have coming into the Course before the first session. I have been advised to report any feelings of discomfort or fatigue during the Course immediately to the instructors.
- 2b.** I warrant that I am in good physical condition and that no illness, condition or injury impairs me from participation in a vigorous physical workout. I understand that physical fitness activities carry inherent risks of injury or death and that I and my heirs unconditionally accept and assume any and all risks contained therein.
- 3.** I expressly agree and promise to accept and assume all of the risks existing in this activity. I am an adult over the age of eighteen. My participation in this activity is purely voluntary on my part and I elect to participate in spite of any risks that may be involved.
- 4.** I certify that I have adequate insurance to cover any injury or damage I ~~may~~ cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I ~~may~~ have.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

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

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**FACULTY Waiver**

**Work Out With the Creator of P90X®  
Tony Horton  
Course # 4302-393  
August 28-30, 2015**

Date: \_\_\_\_\_

Event: Tony Horton/Omega Institute Event, (“the Event”)

Please be advised that by participating in Tony Horton’s Workout Session during the Event, you hereby warrant and represent that you are in good physical condition and that no illness, condition, or injury would impair you from participation in a vigorous physical workout. Physical fitness activities carry an inherent risk of injury, or even death, and therefore, you, and your heirs, next of kin, and spouse hereby assume such risk and unconditionally and irrevocably release, indemnify, forever discharge and hold Horton harmless from and against any and all claims in any form or manner connected to the Workout Session.

Executed this \_\_\_\_\_, day of \_\_\_\_\_, 2015

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name Printed

\_\_\_\_\_  
Email address