



Micro-Nature Scape Journeys for Midlife Women

A Sages Rising / New Human Era Offering

Registration and Waiver Release Form

Your Full Name: _____
Birthday: Month/Day/Year: _____
Age: _____
Address: _____
Contact Name and Phone #: _____
Your email address: _____

General Health Information

Your overall health: ___Excellent ___ Good ___ Fair ___Other Please Describe: _____

Nature Scapes include walking, light yoga, breath work and light hiking up to 4 miles in a 3 hour period. Please describe any medical conditions and medications here:

Do have any food allergies? Please specify: _____

Participant Signature
print name and date

Nina Roberts Salvesson
Signature and Date

Kris Kniefel
Signature and Date

This form grants Sages Rising/Micro Nature Scape Adventures to permission to use all of the photographs we take of group activities for commercial and general promotion activities.

ACTIVITY RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK, INDEMNITY AGREEMENT, AND PHOTO RELEASE

**Please read and be certain you understand the implications of signing.
*Express Assumption of Risk Associated with Nina Salveson of Sages Rising/Bold Soul Life
and Kris Kniefel Consulting***

I hereby affirm and acknowledge that I am aware of and have been fully informed of the inherent hazards and risks associated with the recreational activity generally described as but not limited to trail walking and light hiking, exposure to grass and natural plants, moderate or light hill climbing and other outdoor activities, including the possible rental of equipment and your own transportation associated therewith in which I am about to engage.

Inherent hazards and risks include but are not limited to:

1. Risk of injury from the activity, including the potential for permanent disability and death.
2. This activity or portions of it takes place outdoors and therefore includes risks associated with exposure to elements, heat, hypothermia, impact of the body upon the snow, encountering objects either natural or man-made, exposure to animals with the attendant risk of kicking, biting, shying away, running off or otherwise moving in an unanticipated manner causing injury and/or death.
3. My own negligence and/or the negligence of others, including but not limited to participant error and guide decision making including misjudging terrain, rapids, weather, trails, or route location.
4. Encounter with insects, and/or animals.
5. Accidents or illness occurring in park settings where there may not be immediately available medical facilities.
6. Fatigue, heat, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.

***I understand the description of these risks is not complete and that unknown or unanticipated risks may result in injury, illness, or death.**

In consideration for being permitted to participate in the activity (ies) described above and related activities, I hereby agree, acknowledge and appreciate that:

1. I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE, the following named persons or entities, (herein referred to as "releasees"): Micro-NatureScape Journeys, and its parent company, BoldSoulLife/Nina Salveson and KrisKniefelConsulting/Kris Kniefel.
2. To release the releasees, their officers, directors, employees, contractors, representatives, agents, and volunteers, vessels, and its parent and subsidiary affiliates from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise. By executing this document, I agree to hold the releasees harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of engaging in the above activities.

3. I hereby give Bold Soul Life, a Victoria, MN organization owned by Nina Salveson and Kris Kniefel Consulting owned by Kris Kniefel, the irrevocable right to use and make photographs (still, film, tape or otherwise), to use and record with a video or audio recording device, my name (or any fictional name), picture, portrait, photograph, and/or likeness in all forms and in all media and in all manners ("Likeness"), without any restriction as to changes or alterations (including but not limited to blurring, distortion, alteration, optical illusion or use in composite form, or derivative works of my Likeness made in any medium, whether intentional or otherwise) in connection with the activity (ies) through the Company's business, products and/or services, including but not limited to for advertising, for publication or any other lawful purposes. I waive any right to inspect, modify, or approve any intermediary version(s) or finished version(s) of the results of the use of my likeness ("Results"). I waive any right to further compensation.

4. By entering into this Agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this Agreement. This release shall be binding to the fullest extent permitted by Minnesota law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, AND I FULLY UNDERSTAND ITS TERMS, AND UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. I REPRESENT THAT I AM OVER 18 AND LEGALLY COMPETENT TO EXECUTE THIS AGREEMENT, WHICH SHALL BE A BINDING COMMITMENT.

Signature of Participant
Emergency Contact
Name of Participant (Please Print)
Emergency Contact Number
E-mail Address
Date

Investment

Investment in this 21 hour, six session non-refundable series is \$475. Each NATURE SCAPE MICRO-JOURNEY is three hours (9 am - Noon). The September Day Nature Scape Retreat is six hours (9:30 am-3:30 pm). Please check your GPS before you leave to be sure to arrive at least 10-15 minutes early so we can start on time.

If for any reason (generally weather), a journey needs to be canceled, every effort will be made to reschedule. If this is not possible, you will be credited the value of the event (\$79) to be applied toward a future journey or Sages Rising Event in 2023.

What to Wear and Bring

This is an active outdoor event taking place in a safe, unnatural environment. Please wear clothing that is weather appropriate and wear socks and appropriate shoes that offer stability when walking on trails that may include stones, tree roots and possible varying terrain. The level of physical activity will support all fitness levels. If you have any issues that may warrant hiking or walking poles, please bring them.

Bring a backpack or daypack to carry your:

- Sunglasses
- Hat
- Insect Repellent
- Water (32 ounces or more)
- Lip balm
- Snack - We will provide organic trail mix and energy bars. If you prefer something else, please feel free to bring your own snack.

