

About the Event

Get Outside and Go Within! Join Brienne Sembrat, certified Mindful Outdoor Guide, for this one-of-a-kind outdoor experience. Having a mindful connection with the outdoors is crucial for cultivating a balanced, inspired, and fulfilled life. Let yourself be guided. With the average American spending 11 hours a day on a screen and 90% of their lives indoors, now's the time to step outside and feel the difference.

The experience of going outside can often take us inward at the same time. We will slow down and awaken our senses, we will begin to feel our environment. When we open our senses our minds quiet down, and we can start to establish a sense of belonging to the natural world again.

Spending time in nature is a powerful antidote to the stress of modern living. In recent years, a growing body of evidence has proven what many naturalists, outdoor enthusiasts, poets, and indigenous cultures have long known: the great outdoors is profoundly good for us on all levels. Nature has been a source of inspiration, healing, and wisdom. Nature simply is. The human nervous system developed while embedded in nature and it is time to get back to our home!

This experience will be gentle and stress relieving! Take the time to slow down and awaken your senses.

When: Saturday, July 9th

Time: 6:30-7:30 AM

Where: Boyce Road Entrance to Wingfield Pines Preservation Area, adjacent to Boyce/Mayview Park

Hosted by Brienne Sembrat

Email: brienne@breatheIN2IT.com

Important Information:

1. This program is designed for adults (18+)
2. Weather Conditions: The host reserves the right to cancel or postpone due to weather conditions, or to move the location of the hike to Boyce/Mayview trails or vice versa if the conditions are better in another area. You will be notified in plenty of time if a trail adjustment is made!
3. Parking: Set your GPS for "Over the Bar Bicycle Café" in Upper St. Clair. There is a gravel parking lot right across the street and we will gather there before entering Wingfield Pines.
4. What to bring: Water, sunscreen, bug repellent, something to sit on such as a towel or blanket.
5. **Please arrive promptly at 6:20 to respect everyone's time.**
6. **We will be wearing easy one ear headsets that enable me to quietly guide into one ear while the other is left free to hear our surroundings.**

Mindfulness Walks

THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS INCLUDING THE RIGHT TO SUE breatheIn2IT, LLC

PLEASE READ IT CAREFULLY BEFORE SIGNING.

Welcome to breatheIn2IT's guided outdoor experience waiver!

Research on mindfulness indicates that it can support people feeling focused, tapping into their innate creativity, and experiencing more ease. Forest bathing research also indicates how being in thriving ecosystems can restore attention, support stress recovery, strengthen immune response, promote physical activity, and build relationships.

Since mindfulness means directing your attention, on purpose, into your moment by moment lived experience, and people's feeling of safety often increases on these walks, this also means you may notice feelings, sensations, and thoughts that bubble up after being held away at times. In any breatheIn2IT Mindful Outdoor Experience you can always choose to change the invited practice, or skip it, to support yourself. You know your brain-body best.

This Liability Waiver is for participation in breatheIN2IT programs that involve guided nature-based mindfulness walks and forest bathing explorations.

- First Name, Last Name _____
- Today's Date _____
- Full Address (Street, State, Zip) _____
- E-mail * _____
- Phone * _____
- Emergency Contact _____ Phone _____

Personal Injury Release and Waiver of Liability

I, the undersigned, (referred to as "I" or "me"), desire to participate in hiking, walking, and related activities ("Activities") provided by breatheIN2IT, LLC a Pennsylvania limited liability corporation.

I represent and warrant that I am of or over the age of 18, that I am in good physical and mental health, and do not have any medical or other condition that would impair my ability to participate in the Activities.

I acknowledge the contagious nature of the Coronavirus/COVID-19 and that if the CDC and many other public health authorities still recommend practicing physical distancing, I confirm that I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.

I have read and agree to each of the risks.

- Acknowledgement of Mental and Physical Health. My mental and physical wellbeing is my responsibility. Mindfulness has the possibility of reconnecting me with my physical sensations, thoughts, and emotions. Prior thoughts and experiences may come to the forefront. It is my responsibility to seek care if needed. Mindfulness walks and forest bathing are not a substitute for care.

- Risk of Injury. While walks are generally set at a slow to a moderate pace on mostly flat areas with the occasional moderate inclines, the Activities require bodily movement. This inherently involves risks and dangers of serious bodily injury, including but not limited to sprains, pulled muscles, head, neck, and/or back injuries, falls possibly involving broken bones, and in extreme circumstances, permanent disability and death. Fatigue, chill, and/or dizziness may diminish my reaction time and increase the risk of accident or hinder my sense of balance, physical coordination, and/or ability to follow instructions. Accidents and personal economic losses may occur. My own negligence and/or the negligence of others, including any representatives of breatheIN2IT, may increase risk of injury. Negligent emergency response or rescue operations of breatheIN2IT may compound any injuries.
- Risks and Hazards of “Acts of Nature.” Risks and hazards associated with “acts of nature,” include, without limitation, inclement weather, thunder, lightning, wind, precipitation, extreme temperature changes, rock fall and avalanches, slippery or uneven surfaces, flash floods and dangers associated with standing in or near a lake, river or stream. Injury from frostbite, heat exhaustion, heat stroke, sunburn, hypothermia, and dehydration may occur. Encounters with insects, reptiles, animals and plants may result in bites and allergic reactions
- Risk of Equipment Usage. Risk of equipment failure and/or malfunction of my own equipment, which I may rent, borrow, or personally own.
- Risk of Limited Access to Care. Risk of limited access to care may include accident or illness for Activities occurring in locations where hospital facilities, qualified medical care, and emergency medical evacuation may be delayed.
- Assumption of Risk. I voluntarily assume all risks of injury, death, or property damage. I agree to participate in the Activities and use of any equipment at my own risk.
- Consent to Medical Treatment. I consent to receive medical treatment that may be deemed necessary in the event of any illness, accident, injury or medical emergency resulting from or in connection with my participation in the Activities. I understand that I am solely responsible for all costs related to such medical treatment, medical transportation, and/or evacuation. *
- Release of Liability. I RELEASE AND DISCHARGE breatheIN2IT, AND ITS MEMBERS, CONTRACTORS, EMPLOYEES, AGENTS, SUCCESSORS, AND ASSIGNS (COLLECTIVELY, “RELEASED PARTIES”), FROM ANY AND ALL INJURIES (INCLUDING DEATH), losses, damages, claims, lawsuits and any other liability of any kind (“Claim”), arising out of or due to my participation in the Activities. MY RELEASE IS VALID EVEN IF THE CLAIM ARISES FROM OR IS DUE TO THE FAULT OF A RELEASED PARTY. *
- **Severability, Enforceability, Integration.** By entering into this Agreement, I am not relying on any oral or written representation or statements made by breatheIN2IT, other than what is set forth in this Agreement. This Agreement is the entire agreement between breatheIN2IT and me. This Agreement is binding and enforceable against me, my personal representatives, spouses, assigns, heirs and next of kin to the fullest extent permitted by the law. If any provision of this Liability Waiver & Release is found to be unenforceable, the remaining terms shall be enforceable.

FOR PARENT OR LEGAL GUARDIAN OF PARTICIPANTS UNDER THE AGE OF

BY SIGNING, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD THIS AGREEMENT, I KNOW AND APPRECIATE THE INHERENT RISKS OF THE ACTIVITIES, I TAKE FULL RESPONSIBILITY FOR THESE RISKS AND THAT I AM VOLUNTARILY GIVING UP SUBSTANTIAL LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE FINDING MINDFUL NOW.

I accept breatheIN2IT’s release of liability waiver by signing here _____
and dating here _____