

THE MIND-BODY TRAINING COMPANY

AGREEMENT: INNER FREEDOM

FOUNDATIONS 90 DAY RESULTS PROGRAM

It is our sincere pleasure to welcome you to this Program. During the upcoming 90 days you will learn and practice techniques to release stress, develop peace of mind, and achieve a healthier lifestyle with more energy. Please read the following. If anything is unclear, please ask.

This Agreement is made between The Mind-Body Training Company LLC ("Coach") and _____ ("Client"). The "Program" in which you are about to enroll will include some or all of the following, depending on what options you agreed with your Coach:

- A. Regular coaching sessions each month, which will include the practice of meditation techniques to release stress and promote emotional well-being, as well as discussion of your progress and recommendations.
- B. Various "Mind-Body Training" courses to supplement these sessions (both physical courses – CDs, DVDs, workbooks etc.) and downloaded materials (mp3s and pdfs etc.)
- C. Other benefits as outlined at MindBodyTrainingCompany.com, ClearYourStress.com or CoreEnergyMeditation.com ("Website").

I. Scheduling

We appreciate that Clients have busy schedules and we take pride in not keeping Client's waiting or keeping them longer than planned. Each session will be 45 minutes and will end no later than 60 minutes after it was scheduled to begin. Please be on time. If the Client needs to cancel or reschedule the appointment, the Client must do so 48 hours in advance; otherwise the Client will forfeit the appointment without the opportunity to reschedule.

This Program begins the date of the first coaching session and ends 90 days after the first appointment.

II. Payments and Refunds

The Client understands that the cost of this Program is as set forth on the Website at time of enrollment. This program includes sessions and any optional bonuses and features as set forth on the Website.

In the event of the Client's absence or withdrawal, for any reason whatsoever, the Client will remain fully responsible for the unpaid balance of the Program. Under no circumstance will the Coach refund any payments made by the Client. By signing this Agreement, the Client agrees to be legally obligated to pay the full amount of this Program.

III. The Term of this Non-Cancelable Agreement shall commence the date of the first coaching session and ends 90 days after the first appointment. This Agreement shall automatically terminate in the event of your material breach and failure to cure such breach within the thirty (30) day period immediately following our notification of the breach. For the avoidance of doubt, the following constitute a material breach of this Agreement: (i) failure to pay any installment payment or other fees when due; (ii) disruption of the Services generally; (iii) being difficult to work with or becoming difficult to work with. Upon expiration or termination of the Agreement, we shall immediately discontinue providing all services associated with the Program, and you shall have no further right to use the materials, except that you may continue to use and reference solely for your own purposes any copies of the materials left by us in your custody and control as of the date of such expiration or termination. In the event of a material breach, all unpaid installment payments shall immediately be due and payable.

IV. Disclaimer of Healthcare Related Services

The Coach encourages the Client to continue to visit and to be treated by his/her healthcare professionals, including, without limitation, a physician. The Client understands that the Coach is not acting in the capacity of a doctor, licensed dietitian-nutritionist, massage therapist, psychologist or other licensed or registered professional. Accordingly, the Client understands that the Coach is not providing healthcare, medical or nutrition therapy services and will not diagnose, treat or cure in any manner whatsoever any disease, condition or other physical or mental ailment of the human body.

The Client has chosen to work with the Coach and understands that the information received should not be seen as medical or nursing advice and is certainly not meant to take the place of your seeing licensed health professionals.

V. Personal Responsibility and Release of Healthcare Related Claims

The Client acknowledges that the Client takes full responsibility for the Client's life and well-being, as well as the lives and well-being of the Client's family and children (where applicable), and all decisions made during and after this Program.

The Client expressly assumes the risks of the Program, whether or not such risks were created or exacerbated by the Coach. The Client releases the Coach, his/her heirs, executors, administrators and assigns, its officers, directors, shareholders, employees, teachers, lecturers,

agents, Health coaches and staff (collectively the Releasees) from any and all liability, damages, causes of action, allegations, suits, sums of money, claims and demands whatsoever, in law, admirability or equity, which against the Releasees, the Client ever had, now has or will have in the future against the Releasees, arising from the Client's past or future participation in or otherwise with respect to, the Program, unless arising from the gross negligence of the Releasees.

VI. Confidentiality

The Coach agrees that the Coach will not disclose to others or use, whether directly or indirectly, any confidential information for any purpose except for performance of the services. Client understands that the Coach-Client relationship is not protected by law.

VII. Choice of Law, Arbitration, and Limited Remedies

This agreement shall be construed according to the laws of the Commonwealth of Virginia. In the event that any provision of this Agreement is deemed unenforceable, the remaining portions of the Agreement shall be severed and remain in full force. In the event a dispute arises between the parties, either arising from this Agreement or otherwise pertaining to the relationship between the parties, the parties will submit to binding arbitration before the American Arbitration Association (Commercial Arbitration and Mediation Center for the Americas Mediation and Arbitration Rules). Any judgment on the award rendered by the arbitrator may be entered in any court having jurisdiction thereof. Such arbitration shall be conducted by a single arbitrator. The sole remedy that can be awarded to the Client in the event that an award is granted in arbitration is refund of the Program Fee. Without limiting the generality of the foregoing, no award of consequential or other damages, unless specifically set forth herein, may be granted to the Client.

If the terms of this Agreement are acceptable, please sign the acceptance below. By doing so, the Client acknowledges that (1) he/she has received a copy of this agreement; (2) he/she has had an opportunity to discuss the contents with the Counselor and, if desired, to have it reviewed by an attorney; and (3) the Client understands, accepts and agrees to abide by the terms hereof.

IN WITNESS WHEREOF, the undersigned parties have entered into this Agreement as of the date first written above.

CLIENT: _____

Address _____

COACH: The Mind-Body Training Company LLC

By: __Matthew Clarkson __

Matthew Clarkson, Founder and CEO.

By completing the information below and submitting your information, you are agreeing to the above terms.