USER AGREEMENT AND RELEASE OF LIABILITY

PREGNANCY & POSTPARTUM WELLNESS PROGRAM

Please read this User Agreement and Release of Liability ("Agreement") carefully before participating in Pregnancy and Postpartum; Breathe, Stretch, and Strengthen ("Program") created and presented by Claire Galloway, Soprano LLC (“Company”). By checking "I Agree," signing below, enrolling in, or participating in the Program, you legally acknowledge that you (“User”) have read, understood, and agreed to be bound by all terms herein.

1. STRICT MEDICAL DISCLAIMER (NOT MEDICAL ADVICE)

The Program offers general wellness, breathwork exercises, gentle stretching, and strengthening exercises inspired by yoga, classical singing, somatic work, and myofascial massage for informational and educational purposes only. **The Program does not provide medical advice, diagnosis, treatment, or clinical care.**

Participation in the Program does not establish a doctor-patient, therapist-patient, or clinical relationship of any kind. This Program is not a substitute for regular, professional prenatal, obstetric, or postpartum care. Always consult your licensed OB-GYN, midwife, physician, or physical therapist before starting any new exercise or breathing regimen.

2. PHYSICIAN MANDATORY CLEARANCE & ELIGIBILITY

By agreeing to these terms, you affirmatively represent and warrant that:

- You are at least 18 years of age.
- You have consulted with the appropriate healthcare provider including, but not limited to, your primary healthcare provider or OB-GYN, and received explicit medical clearance to participate in gentle movement, yoga-style stretches, and core physical strengthening exercises during your pregnancy or postpartum phase.
- You will immediately cease all activities and contact an emergency medical provider or your primary physician if you experience warning signs including, but not limited to: vaginal bleeding, dizziness, shortness of breath before exertion, chest pain, amniotic fluid leakage, uterine contractions, calf pain or swelling, or severe abdominal pain.

3. ASSUMPTION OF RISK

You acknowledge that pregnancy and postpartum recovery place unique physiological stress on the human body. Physical exercise, core strengthening, deep breathing, and stretching carry inherent risks, including muscle strain, joint injury, ligament sprains, dizziness, falls, or complications unique to gestational development and postpartum recovery.

You voluntarily, knowingly, and freely assume all risks associated with your participation in the Program, both known and unknown

4. RELEASE, WAIVER, AND INDEMNIFICATION

To the maximum extent permitted by applicable law, you hereby release, waive, acquit, and forever discharge the Program, its parent Company, subsidiaries, instructors, facilitators, employees, and agents from any and all

claims, liabilities, demands, actions, or causes of action arising out of or related to any injury, loss, or damage you or your unborn child may suffer as a result of your participation.

You agree to indemnify and hold harmless the Program and its affiliates from any claims, losses, or legal expenses incurred due to your failure to follow safe program guidelines.

5. PRIVACY AND HEALTH DATA PROTECTION

We value your privacy. Any sensitive personal content or information regarding your pregnancy timeline, postpartum weeks, or physical logs collected during this Program will be handled with due care and will be used solely to deliver customized, safe wellness recommendations and will never be shared with third parties without your explicit, voluntary consent.

6. TERMS OF USE

Use of this content of the Program is strictly limited to the User who signs this Agreement. Program texts, materials, and video links may not be posted, shared, reproduced, or used for any other purpose. Login details may also not be shared outside of the User who signs this Agreement.

7. LIMITATION OF LIABILITY

To the maximum extent permitted by applicable law, the liability of the Company to the User for any and all claims, losses, damages, or expenses arising out of or related to this Agreement – whether in contract, tort (including negligence), strict liability, or otherwise – shall be strictly limited to the total amount of fees actually paid by the User to the Company under this Agreement during the twelve (12) month period immediately preceding the event giving rise to such liability.

8. SCOPE OF AGREEMENT

The terms listed herein cover all sessions held between the User and Company through any contact including, but not limited to: email, chat, text, video chat, video, online communities, and in-person.

9. GOVERNING LAW AND SEVERABILITY

This Agreement shall be governed by and construed in accordance with the laws of the County of Baltimore, State of Maryland, without regard to its conflict of principles. If any provision of this Agreement is found to be invalid or unenforceable, such provision shall be struck or modified to the minimum extent necessary, and the remaining provisions shall remain in full force and effect.

BY SIGNING BELOW, CLICKING "I AGREE," OR PARTICIPATING, YOU ACKNOWLEDGE THAT YOU HAVE READ THIS RELEASE OF LIABILITY AND FULLY UNDERSTAND ITS TERMS, UNDERSTANDING THAT YOU ARE GIVING UP SUBSTANTIAL LEGAL RIGHTS VOLUNTARILY.

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Signature of User Date

Agreement Version: September 2026

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