

Professional Disclosure Form and Release

I am delighted to have you as a Yoga student. The following information will help you get the most out of your yoga classes and clarify my role as a yoga teacher. Please read and sign below.

1. Yoga is much more than physical exercise; it is a transformational practice that integrates body, mind and spirit. Yoga is a way of encountering and releasing physical, mental, and emotional tensions to arrive at deeper levels of relaxation and awareness.

2. All exercise programs involve a risk of injury. By choosing to participate in my Yoga classes, you voluntarily assume a certain risk of injury. The following guidelines will help you reduce your risk of injury:

- * Listen to and follow my instructions carefully
- * Breathe smoothly and continuously as you move and stretch
- * Do not hold your breath or strain to attain any position
- * Work gently, respecting your body's abilities and limits
- * Ask me if you are unsure how to perform a certain movement
- * Pregnant women must consult their health care provider before enrolling in

class

3. It is always advisable to consult your physician before embarking on any exercise program. Please inform me of any health conditions that could be affected by your practice of Yoga. If you are unsure about a condition, please speak to me after class.

4. Awareness is fundamental to the practice of Yoga. It is your responsibility as a student to monitor each activity and determine whether it is appropriate for you to participate. Though I am your teacher, you remain primarily responsible for your safety and well-being.

5. I am not responsible for ensuring the safety of my students beyond providing competent instruction. By signing this form, you hereby release Brenda Clark from any and all liability for injuries that are not directly and proximately caused by my professional negligence.

I have read, understand and agree to the contents of this Professional Disclosure Form and Release.

Signature

Date

Name:

Address:

Phone Number

PEACE PLAIN & SIMPLE,
Brenda Clark ☺