

# YogaSheila

## Acceptance of Responsibility and Waiver of Liability

I \_\_\_\_\_ understand that yoga/workshop includes physical movements, breathing techniques as well as an opportunity for relaxation and relief of muscular tension. As is the case with any physical activity/yoga, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the instructor. I will continue to breathe smoothly.

I understand and accept that to properly teach and correct yoga posture and technique, physical contact between student and instructor may be necessary. I consent to such contact and recognize that the instructor will apply any necessary contact in a professional manner.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I understand it is my responsibility to consult with a physician prior to and regarding participation in yoga/workshop. I affirm that I alone am responsible to decide whether to practice yoga and I am voluntarily participating in yoga/workshop. I hereby agree to irrevocably release, discharge and waive any claims that I have now or thereafter may have against the instructor and/or Yogasheila, LLC.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

