

**Victoria Inman RYT 500hr**  
**YOGA THERAPY DISCLOSURE AND RELEASE**

I am a Certified Yoga Therapist in training through the International Association of Yoga Therapists.

Yoga Therapy is intended to eliminate, reduce and/or manage symptoms that cause suffering: improve function; help to prevent the occurrence or re-occurrence of underlying causes of illness and move toward improved health and well-being. I will work with you to develop and implement a self-empowering therapeutic plan, oriented toward prevention and health promotion, appropriate to your needs, goals, life circumstances.

Yoga Therapy includes practices such as asana (postures), pranayama (breath-work), relaxation, meditation, mudra (energetic gestures), banda (energy locks), mantra (sacred sounds), mindfulness, bhvana (imagery), Sankalpa (affirmation/intention), yogic lifestyle, yoga philosophy, and other practices in the yoga tradition.

All exercise programs involve a risk of injury. By choosing to participate in Yoga Therapy with me, you voluntarily assume 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 and strain to attain any position.
- Work gently, respecting your body's abilities and limits.
- Pay attention to pain and moderate as appropriate.
- Ask me if you are unsure about any movement or other instruction.

It is always advisable to consult with your physician before embarking on any exercise program. I will give you a Yoga Therapy Intake Form which inquires about your health. You must complete the form and 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.

Awareness is key to the practice of yoga. It is your responsibility to monitor each activity and determine whether it is appropriate for you to participate. Though I am your Yoga Therapist, you remain primarily responsible for your safety and well-being.

You assume all risk of damage or injury that may occur as a client in my Yoga Therapy. In consideration of being accepted as a Yoga Therapy Client, you release and discharge Victoria Inman from any and all claims, demands, and actions of any nature, whether present or future, anticipated or unanticipated, known or unknown, that result from your participation in Yoga Therapy with me or in practice outside of class.

I have read, understand, and agree to the content of this Yoga Therapy Disclosure and Release.

\_\_\_\_\_  
Signature      Date

\_\_\_\_\_  
Print Name

