

Victoria Inman RYT 500hr
Yoga Disclosure and Release

I am a certified Yoga Instructor through the International Association of Yoga.

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

All exercise programs involve a risk of injury. By choosing to participate in Yoga 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 its limits.

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. Please let me know if there are any health conditions that could be affected by your practice of yoga. If you are unsure of a condition, please speak to me.

Awareness is the 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 instructor, you remain primarily responsible for your safety and well-being.

You assume all risk of damage or injury that may occur as in my Yoga classes. 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 with me or in a practice outside of class.

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

Signature

Date

Print Name

