

## DISCLOSURE FORM AND RELEASE

The following information will help you to get the most out of your yoga classes and clarify the role of the yoga teacher. Please read and sign below:

1. Yoga is much more than a physical exercise; it is a transformational practice that integrates body, mind and soul. Yoga is a way of encountering and releasing mental, physical and emotional tensions to arrive at deeper levels of relaxation and awareness.
2. All exercise programs involve some risk of injury. By choosing to participate in yoga classes, you voluntarily assume a certain risk of injury. The following guidelines will help you reduce those risks:
  - Listen to and follow the teacher’s 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.
  - Do not perform postures or movements that are in *any way* painful.
  - Ask if you are unsure how to perform a certain movement.
  - Pregnant women must consult their healthcare provider before enrolling in class.
3. It is always advisable to consult your physician before embarking on any exercise program.
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. **You are primarily responsible for your safety and well-being, not your teacher.**
5. Your teacher is responsible for providing competent yoga instructions.

I, the undersigned, agree that I am in good health and consider myself capable of participating in this activity. I agree to hold harmless the Council on Aging/Senior Center, its board of directors, staff volunteers, and instructors and any other persons or organizations associated with them, including Yoga4Joy and all its agents, for any injuries or damages I may incur.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date