Yellow Buddha Yoga

**Health & Well-Being Statement**

I acknowledge, understand and agree that:

* Before undertaking this Yoga activity, it is important I am confident that I am sufficiently fit and well to participate in a safe way
* I am participating in a level of Yoga class that is suitable for my own level of health, fitness and Yoga experience
* It is strongly recommended that I consult with my doctor before commencing this Yoga activity and at any time thereafter if I have any concerns about my physical health or wellbeing
* Any activity delivered by the Yellow Buddha Yoga instructor, either in an online class or in person, is not a substitute for medical attention, consultation, examination, diagnosis, or treatment
* I will notify my instructor of any medical conditions, illness or injury before every class so that the instructor can provide appropriate modifications to the postures in line with their training
* It is my own responsibility to always listen to my body and work within my capabilities
* I will not perform any postures to the extent of strain or pain
* If at any time during the class, I feel discomfort or strain, I will gently and safely come out of the posture and rest
* I will immediately inform the instructor during a class if I experience any physical pain or discomfort
* I will follow the instructor’s guidance if they deem that it is not appropriate for me to attend or continue with the class
* Neither the instructor or Yellow Buddha Yoga are liable for any injury, or damage to person or property resulting from my participation in any class with Yellow Buddha Yoga either online or in person

Name/Signature:

Date: