

Yoga Participation Consent Form

Yoga is practiced to enhance wellbeing. Please monitor the effects of your practice and immediately communicate concerns. Guard against over exertion. In teaching you, I will offer alternative movements for practice to prevent adverse reactions.

Tip: We practice with deep easy breathing while easing into the various movements and poses. If you find the need to hold your breath or to tense up, ease off and find a way of being allowing for a smooth breath. I will guide you in this process.

If you agree to participate in my Yoga Classes, please check to consent to the following:

☐ **I hereby will release Heide Ratliff, RTY 200, of any liability for any potential negative outcome of the yoga practice under her guidance.**

Type your name below: