

JESSICA SHEA

JESSICA SHEA YOGA

Wednesday, January 1, 2020

LOS ANGELES,
CALIFORNIA,
UNITED STATES OF
AMERICA

JESSICASHEA YOGA
JESSICA SHEA

JessicaShea.com
info@jessicashea.com

I UNDERSTAND UNDER ANY CONDITION THE FOLLOWING.

- I CONSENT JESSICASHEA YOGA TO TEACH ME "THE PRACTITIONER" ASANA PRACTICES.
- I UNDERSTAND MY LEVEL OF PRACTICE.
- I AM KNOWLEDGEABLE OF MY ABILITIES AND INABILITIES.
- I AGREE TO GO AT MY OWN PACE THAT I FEEL IS BEST FOR ME REGARDLESS OF THE CLASS PACE.
- I AGREE THAT WHAT I AM BEING TAUGHT IS FOR MY BEST BENEFIT.
- MY INSTRUCTOR IS AWARE OF MY INJURIES.
- MY INSTRUCTOR UNDERSTAND WHETHER ADJUSTMENTS TOMY ASANA PRACTICE HAVE BEEN DENIED.

X_____ DENIED ADJUSTMENTS

- I AM AWARE THAT JESSICA SHEA YOGA IS RYT-200 AND ADULT AND PEDIATRIC CPR/AED/FIRST AID CERTIFIED WITH VALID CERTIFICATIONS.

Jessica Shea YOGA

Print Signature Date

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