

Yoga class disclosure form and release

Donna C. Henderson, Instructor

I am delighted to have you as a Yoga student. The following information will help you get the most out of your yoga classes and clarify my role as a yoga teacher. Please read and sign below.

1. Hatha yoga is a way of encountering and releasing physical, mental, and emotional tensions to arrive at deeper levels of relaxation and awareness., and as a means to develop and to balance flexibility, strength and balance in the body. My role as a leader is to provide the kind of guidance will hopefully allow you to work more closely with your body as your “teacher.”
2. All exercise programs involve a risk of injury. By choosing to participate in my Yoga classes, you voluntarily assume a certain 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 or strain to attain any position.
 - Work gently, respecting your body’s abilities and limits.
 - Don’t perform postures or movements that are painful.
 - Ask me if you are unsure how to perform a certain movement.
 - Menstruating women should not practice inverted postures.
 - Pregnant women must consult their health care provider before enrolling in class.
3. It is always advisable to consult your physician before embarking on any exercise program. I will give you a Health Awareness Form to complete. You must complete the form and inform me of any health conditions that could be affected by your practice of Yoga. If you are unsure about a condition, please speak to me.
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. Though I am your instructor, you remain primarily responsible for your safety and well-being.
5. As a professional, I am responsible for providing competent Yoga instruction. I am not responsible for ensuring the safety of my students beyond providing competent instruction. By signing this form, you hereby release **Donna Henderson** from any and all liability for injuries that are not directly and proximately caused by my professional negligence.

I have read, understand, and agree to the content of this Professional Disclosure Form and Release.

Signature _____ Date _____

