

Dear IYT friends,

I understand that a retainer agreement is more protection than a waiver. Here is one sample. However I would have an attorney's opinion before you make a choice. It can be used for yoga therapy or, with a few changes for yoga classes.

Hope this is of help.

Marie Janisse

## RETAINER AGREEMENT FOR YOGA THERAPY

I, \_\_\_\_\_, hereby retain \_\_\_\_\_ as a yoga therapist.

Any information about symptoms is to be considered only from an educational perspective and should not be acted upon therapeutically. My purpose in seeking yoga therapy is to

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In participating in these classes, I accept full responsibility for performing only those movements and activities that support and do not jeopardize my health and well-being. I understand that yoga therapy carries a risk of injury as does all physical activity. I agree to hold \_\_\_\_\_ harmless for any such injuries.

\_\_\_\_\_ 's role is to provide information, consultation and support in assisting me to understand my body's inner wisdom, and to find my own best movement patterns and alignment. My role at all times, is to be awake to the messages my body is sending me and to avoid any activity or movement that may cause pain or apprehension.

I understand \_\_\_\_\_ is not diagnosing, prescribing or treating. I agree to consult a physician about any concern I have about a state of pathology, dysfunction, or pain, and to advise \_\_\_\_\_ about such concerns.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date