

Professional Disclosure Form and Release

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. I have trained and studied Yoga for many years since my initial training with the Kripalu Institute. Yoga is much more than physical exercise, it is a transformational practice that integrates body, mind, and spirit. Yoga, through present moment mindfulness is a way of encountering and releasing physical, and emotional tensions to arrive at deeper levels of relaxation and awareness.

2. As this class “Yoga for our Aging Body” is mindful of all and any concerns. It is a step-by-step approach, gentle but remarkably effective. There is a possibility of injury. By choosing to participate in this Yoga class, you voluntarily assume a certain risk of injury.

> Listen to and follow my instructions carefully.

> Breathe smoothly and continuously as you move and stretch.

> Work gently, respecting your unique body's ability and limits.

> ASK if unsure on how to move into or out of a particular posture.

3. It is always advisable to consult with your medical provider before embarking on any type of movement /exercise program. A HEALTH FORM goes along with this form informing me of any restrictions or health concerns.

4. Awareness, especially BODY awareness, is fundamental to the practice of Yoga. It is your responsibility as a student to monitor each activity and determine if it is appropriate for you. Though I am your teacher, you remain primarily responsible for your wellbeing and safety.

5. As a professional, I am responsible for providing competent Yoga instruction. By signing this form, I release Martina M. Smith and Unifying Your True Potential from 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