Grace Yoga & Healing Pathways, LLC

Professional Disclosure & General Release of Liability Form

Welcome! We are so delighted & grateful to have you as a student for Grace Yoga & Healing Pathways, LLC. The following information will help you get the most out of your yoga, Pilates, T'ai Chi & dance classes and clarify our roles as instructors. Please read and sign below.

1. We have certified teachers that have completed professional training in yoga, T'ai Chi, Pilates and dance instruction. Yoga, specifically is much more than physical exercise; it is a transformational practice that integrates body, mind & spirit. Yoga is a way of encountering and releasing physical, mental & emotional tensions to arrive at deeper levels of relaxation and awareness.
2. All exercise programs involve some risk of injury. By choosing to participate in our classes/movement workshops, you voluntarily assume a certain risk of injury. The following guidelines will help you to reduce your risk of injury:
   a. Listen to and follow our instructions carefully.
   b. Breathe smoothly and continuously as you move and stretch.
   c. Do not hold your breath or strain to attain any position.
   d. Work gently, respecting your body's abilities and limitations.
   e. Don't perform any postures or movements that are painful.
   f. Ask us if you are unsure how to perform a certain movement.
   g. Menstruating women should not practice inverted postures during full flow.
   h. Pregnant women must consult their health care provider before enrolling in class.
3. It is always advisable to consult your physician before participating in any exercise program. We have attached a Health Awareness Form for you to complete. You must fill out this form and let us know of any health conditions that could be affected by your practice of yoga, Pilates, Tai' Chi or dance. If you are unsure about a condition, please feel free to speak to one of us.
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 we are your teachers, you solely remain responsible for your safety and well-being.
5. As professionals, we are responsible for providing competent instruction. We are not responsible for ensuring the safety of our students beyond providing competent instruction. By signing this form, you knowingly, voluntarily & expressively waive any claim you may have against Grace Yoga & Healing Pathways, LLC, its owners and class/workshop teachers/practitioners for any injury or damages that you may sustain as a result of participating in our programs.

_____ _____/_____

Printed Name Signature Date

If student is under 18 a legal guardian's authorization is required

As Legal Guardian of _____, I consent to the above terms & conditions

Guardian's Signature_____ Date_____