

Yoga Disclosure and Release Form

I am delighted to have you as a yoga student. The following will help you get the most out of class. Please read and sign below.

1. Jennifer Gadbois is a certified Breathe for Change Yoga & Wellness Facilitator/Let Your Yoga Dance/Deep Play for Kids instructor, having completed thorough professional training in all movement modalities. As such, she is responsible for providing competent yoga instruction. She is not, however, responsible for ensuring the safety of students beyond this duty.
2. All exercises programs involve a risk of injury. By choosing to participate in any of these movement modalities, you voluntarily assume a certain amount of risk of injury. Students are solely responsible for determining whether it is appropriate to participate and to what level. Though the instructor will be guiding you, you remain primarily responsible for your safety and well-being. The following guidelines will help reduce your risk of injury.
 - Work gently, respecting your body's abilities and limits.
 - Never engage in movements or moving yoga postures that are painful.
 - Listen to and follow instructions carefully.
 - Breathe smoothly and continuously as you move & stretch.
 - Do not strain or hold your breath to attain any position.
 - Ask your teacher if you are unsure how to perform a certain movement.
 - If you are a menstruating woman, proceed gently, and know that inversions may not be good for you at this time of the month.
 - Pregnant women: it is best to consult their health care provider before embarking on a new fitness program.
 - Women in mid-life, experiencing hot flashes, refrain from excessive heating breaths such as *breath of fire*. This can create unnecessary hot flashes.
3. It is always advisable to consult with your physician before embarking on an exercise program. Please inform me of any health conditions that could be affected by your practice. If in doubt, please consult your physician to determine if it is appropriate for you to participate in this movement modality. B4C/YOGA LYD DANCE DEEP PLAY FOR KIDS
4. By signing this form, you hereby agree on behalf of yourself (and your personal representatives, heirs, executors, administrators, agents, and assigns) to full release Jennifer Gadbois and facilities from all liabilities (known or unknown, anticipated, or unanticipated) for any personal injuries and/or damages sustained through voluntary

participation in these movement modalities. B4C/YOGA LYD DANCE DEEP PLAY FOR KIDS

5. By signing this form, you hereby acknowledge that you have read this disclosure and release. You agree to accept responsibility for your own safety and waive any right to bring legal action to assert a claim against the teacher or facilities.

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

Name: (print) _____

Signature: _____ Date: _____