

Personal Wisdom

Yoga

Dear Guest,

We are delighted to have you as a Yoga student. The following information will help you get the most out of your classes and clarify the role of the Yoga Instructor. Please read and sign below.

All exercise programs involve a risk of injury. By choosing to participate in classes, training, and workshops, you voluntarily assume a certain risk of injury. The following guidelines will help you reduce your risk of injury:

- Listen to and follow the instructions of your Instructor 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.
 - Discontinue performing any postures or movements that are painful.
 - Ask your Instructor if you are unsure how to practice a certain movement.
 - Menstruating women should avoid inverted postures.
 - Pregnant women must consult their health care provider before enrolling in the program.
 - You must notify your Instructor of any physical limitations or medical concerns; all are encouraged to consult their physician.
1. It is always advisable to consult your physician before embarking on any exercise program. Please complete the attached Health Awareness Form and inform your Instructor of any health conditions that could be affected by your practice in Yoga & Fitness classes.
 2. Awareness is fundamental to the practice of Yoga & Fitness. It is your responsibility as a student to monitor each activity and determine whether it is appropriate for you to participate. Though your Instructor is your guide, you remain primarily responsible for your own safety and well-being.
~ **Listen to the wisdom of your body** ~
 3. Your instructor is responsible for providing competent Yoga & Fitness instruction. Your Instructor is not responsible for ensuring the safety of students beyond providing competent instruction. By signing this form, you hereby release your Instructor, Amy M. Spencer E-RYT, Niralambaya, LLC from any and all liability for injuries that are not directly and proximately caused by any professional negligence.

Please describe any prior or current physical health conditions or concerns:

Please indicate any previous experience you have had in the practice of Yoga & Fitness classes:

I have read, understand and agree to the content of Yoga Wisdom.

Name: _____

Student Signature: _____ (Parent/Guardian if less than 18 years old)

Teacher Signature: _____ Date: _____