## professional disclosure form and release

Thank you for practicing with me. I am thrilled to have you as a student. Please read and sign below, acknowledging that you understand my role as a yoga teacher and your role in how to get the most out of your classes.

1. Kelly O’Brien is a certified Kripalu Yoga teacher and has completed a thorough professional training in Yoga instruction. Kripalu Yoga is much more than physical exercise; it is a transformational practice that integrates body, mind and spirit. Kripalu Yoga is a way of encountering and releasing physical, mental, and emotional tensions to arrive at deeper levels of relaxation and awareness.
2. All exercise programs involve a risk of injury. By choosing to participate in Kelly’s Yoga classes, you voluntarily assume a certain risk of injury. The following guidelines will help you reduce your risk of injury:

* Listen to and follow all instructions 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.
* Don’t perform postures or movements that are painful.
* Ask the instructor if you are unsure how to perform a certain movement.
* Menstruating women should not practice inverted postures.
* Pregnant women must consult their health care provider before enrolling in class.
* Pregnant women must also alert the instructor of her status

1. It is always advisable to consult your physician before embarking on any exercise program. You must inform the instructor of any health conditions that could be affected and/or aggravated by your practice of Yoga. If you are unsure about a condition, please speak directly to the instructor.
2. Awareness is fundamental to the practice of Kripalu Yoga. It is your responsibility as a student to monitor each activity and determine whether it is appropriate for you to participate. You remain primarily responsible for your safety and well-being. The teacher is only a guide.
3. As a professional, Kelly O’Brien is responsible for providing competent Yoga instruction, not responsible for ensuring the safety of students beyond providing competent instruction. By signing this form, you hereby release Kelly O’Brien and “This Is” Yoga from any and all liability for injuries that are not directly and proximately caused by professional negligence.

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

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Signature Date