

**Kathleen Pratt, MSW, RSW, Certified Yoga Teacher**

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## **Yoga Class Waiver**

Asana translates to “posture held with ease”. If at any time during the class, you feel discomfort, strain or pain, gently come out of the posture. You may rest at any time during the class. You are not obliged to perform any of the postures taught in the class. It is of the utmost importance to listen to your body and how far it wants to go into the poses on any given day, remembering that each day is different.

I, \_\_\_\_\_ acknowledge that:

(please print name)

- It has been recommended that I consult a physician prior to starting any exercise program, including yoga.
- I am responsible for telling my instructor about any illness or injury *before each* yoga class.
- I am aware that I should not perform any posture that causes me strain or pain.
- I agree that neither the instructor nor the hosting facility is liable for any bodily injury or loss or damages to my person or property that result from my participation in this class.
- I will take responsibility for my own wellness and if I encounter physical or mental health difficulties during this program, I will seek professional help.
- I have received and read the Participant Information (if applicable) for this class.

Participant signature: \_\_\_\_\_

Date: \_\_\_\_\_