



SUNFLOWER
BODYWORKS

Special Classes Winter Solstice Yoga & Meditation

Sunday, December 17 • 5:00 p.m. – 6:30 p.m.

Fee: \$20

Make checks payable to Sunflower Bodyworks  Pre-registration required — space limited.

Name: _____ Date: _____

Email: _____ Phone #: _____

I am delighted to have you join the special yoga class. The following information will help you get the most out of your experience and clarify my role as a Yoga teacher. Please read and sign below.

1. We are certified Kripalu Yoga teachers and have completed a thorough professional training in Yoga and Meditation instruction. Yoga is much more than physical exercise; it is a transformational practice that integrates body, mind and spirit. Yoga is a way of encountering and releasing physical, mental and emotional tensions to arrive at deeper levels of relaxation and awareness. The workshop will include asana yoga postures.
2. All exercise programs involve a risk of injury. By choosing to participate in my classes, you voluntarily assume a certain risk of injury. The following guidelines will help you reduce your risk of injury:
 - Listen to and follow my 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 me if you are unsure how to perform a certain movement.
 - Pregnant women must consult their health care provider before enrolling in class.
3. It is always advisable to consult your physician before embarking on any exercise program.
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 I am your teacher, you remain primarily responsible for your safety and well-being.
5. As a professional, I am responsible for providing competent yoga instruction. I am not responsible for ensuring the safety of my student beyond providing competent instruction. By signing this form, you hereby release *Kathleen Maroney-Hesser and Sunflower Bodyworks, Inc.* from any and all liability for injuries that are not directly and proximately caused by my professional negligence.

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

Signature

Date

Please contact Kathleen Maroney-Hesser with any questions and/or concerns you may have regarding participation in a Yoga class. I can be reached by email: kathleen@sunflowerbodyworks.com, or by phone: 240.277.2745.