



SUNFLOWER
BODYWORKS

SPECIAL CLASS: Yoga for Healthy Bones
Saturdays, February 22nd, March 7th or March 28th, 2020
2:00 – 4:00 pm | Fee: \$40

RELEASE AND DATA FORM

Name: _____ Date: _____

Email address: _____ Phone #: _____

Class Fee: \$40 | Pre-registration required – space is limited.

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

1. I am a certified Kripalu Yoga teacher and have 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 my 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 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 Kripalu 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 **Sunflower Bodyworks, Inc., and Sunflower Bodyworks, Inc. employees** 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.