

Mountain Yoga

Disclosure and Release Form

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

1. Physical exercise that integrates mind, body, and spirit is a way of encountering and releasing physical, mental, and emotional tensions to arrive at deeper levels of relaxation and awareness.
2. By choosing to participate in any class, workshop, or clinic, you voluntarily, knowingly, and expressly assume the risk of any injury. The following guidelines may help you to reduce that risk:
 - a. Listen to and follow your instructor carefully
 - b. Breathe smoothly and continuously as you move and stretch
 - c. Do not hold your breath or strain to attain any posture
 - d. Work gently and respect your body's abilities and limits
 - e. Do not perform postures or movements that are painful
 - f. Ask your instructor if you are unsure how to perform any movement
 - g. Pregnant women should practice only gentle forms of physical activity and refrain from inversions, laying on the belly of the back, or compressing the belly
 - h. Menstruating women may wish to refrain from practicing inversions
3. Consult your physician before embarking on any exercise program. Inform your instructor of any health condition(s) that may be affected by your practice. You represent and warrant that you are physically fit and have no medical condition that would prevent your full participation in any class.
4. It is your responsibility to monitor each activity to determine whether it is appropriate for you to participate. Although your instructor will guide you, you remain solely responsible for your safety and well-being.
5. In consideration for your participation in any class, workshop, and/or clinic, and by signing this form, you, your heirs, your assigns, and your legal representatives hereby forever release, waive, discharge, indemnify, hold harmless, and covenant not to sue **Lisa Mallow dba Mountain Yoga** and its owners, directors, officers, employees, agents, members, managers, instructors, and representatives (collectively, "**Lisa Mallow dba Mountain Yoga**") from all injuries, damages, losses, expenses, attorneys' fees, settlements, liabilities, claims, suits, and causes of action which may result therefrom, and which may affect you and/or **Lisa Mallow dba Mountain Yoga**.
6. Each instructor reserves the right to refuse participation by any student who behaves in a dangerous, threatening, distressing, or disruptive manner with regard to the instructor or any student.
7. If you do not wish to receive physical assistance, it is your responsibility to so inform your instructor.

I have read the above Disclosure and Release Form and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Signature

Date

Printed Name

Address including City, State, Zip

Telephone (Home/Cell)

Email Address

Is it Ok to text you any last minute changes in the schedule? _____

If no, how may I contact you? _____