



Blissful Body Yoga
discover your bliss!

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DISCLOSURE AND RELEASE FORM

We, **Teal Chimblo Fyrberg and Blissful Body Yoga**, are delighted to have you as a Yoga student at Blissful Body Yoga. The following information will help you get the most out of your Yoga classes and clarify our role as Yoga teachers. ***Please read and sign below.***

1. We are certified Yoga teachers and have completed thorough professional trainings in Yoga instruction.
2. 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.
3. All exercise programs involve a risk of injury. By choosing to participate in our 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 your teacher's 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 if you are unsure how to perform a certain movement.
 - Pregnant women must consult their health care provider before registering, and notify their instructor before beginning classes.
4. It is always advisable to consult your physician before embarking on any exercise program. **We will give you a Health Awareness Form to complete.** You must complete the form and inform your teacher of any health conditions that could be affected by your practice of Yoga. If you are unsure about a condition, please speak to your teacher.
5. 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. You remain primarily responsible for your safety and well-being.
6. As professionals, we are responsible for providing competent Yoga instruction. We are not responsible for ensuring the safety of our students beyond providing competent instruction. By signing this form, you hereby release Teal Chimblo Fyrberg, owner of Blissful Body Yoga and yoga instructor, and all yoga instructors employed by Teal Chimblo Fyrberg and Blissful Body Yoga, from any and all liability for injuries.

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

Signature

Name

Date

Email address

Phone