

Disclosure and Release Form

Katherine Breen

Jinpa Metok Yoga Studio of Bolton

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 thorough professional training in yoga instruction and have practiced yoga for 17 years. Kripalu Yoga is much more than physical exercise it is a transformational practice that integrates body, mind and breathe. Kripalu Yoga is a way of encountering and releasing physical, mental and emotional tensions which build during our busy loves. With Kripalu Yoga you arrive at deeper levels of relaxation and awareness.
2. All exercise programs involve risk of injury. By choosing to participate in my yoga classes, you voluntarily assume this risk. The following guideline will help you reduce your risk of injury:
 - Listen to and follow my instructions carefully.
 - Breathe smoothly and continuously as you move and stretch.
 - 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 t perform a certain movement
 - Pregnant women must consult their health care provider before enrolling in class
 - If menstruating, consider not practicing intense inverted positions (i.e., headstands)
3. It is always advisable to consult with your physician when embarking on any exercise program. If you and your physician have concerns about certain postures, please see me so that you can still fully participate in a satisfying yoga class.
4. Awareness is fundamental to the practice of Kripalu Yoga. It is your responsibility as a yoga student to determine whether it is appropriate to come into or sustain certain postures. Though I am your teacher, you remain primarily responsible for your safety and well being.

As a professional, I am responsible for providing competent yoga instruction. I am not responsible for ensuring the safety of my students beyond providing competent instruction. By signing this form, you hereby release Kathy Breen and Jinpa Metok Yoga Studio 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 Professional Disclosure Form and Release.

Signature: _____

Dated: _____

Signature of Parent/Guardian
(if under 18-years-of-age)

Dated: _____