

Waiver of Liability and Informed Consent Release for Yoga practice on retreat

I am participating in a program of instruction in Kundalini Yoga classes offered at this retreat. I have been advised and I understand that participation in Yoga, like any physical conditioning or exercise program presents some unavoidable risk of injury, especially to people who have pre-existing injuries, illness or medical disabilities.

I recognize that many changes may occur as a result of these Yoga lessons, including possible short-term aggravation of some symptoms, feelings of tiredness, light-headedness, increased energy, mood changes etc. I also understand that a medical evaluation is advisable before commencing any program of physical conditioning or exercise.

I have and will continue to keep my Yoga instructor on the retreat informed of any physical condition or disability, which would prevent or limit my participation in an exercise program.

I acknowledge that, although the program may have substantial physical benefits, my Yoga instructor on the retreat is not engaged in diagnosing or treating medical diseases or deficiencies.

I expressly assume all risks of my participation in this Kundalini Yoga program and waive any claim, which I might otherwise bring against my Yoga instructor on this retreat or against the operators of the retreat as a result of injuries from or relating to my participation in this program.

I confirm that all the information provided in this questionnaire is true to the best of my knowledge and I am not aware of any reason why I should not participate in this retreat or these classes.