



17 Purdy Avenue Rye, NY 10580

I _____ (print name) understand that yoga instruction and/or yoga therapy includes physical movements as well as an opportunity for relaxation, stress reduction and relief of muscular tension. As is the case with any physical activity, the risk of accident or injury, even serious or disabling, is always present and cannot be entirely eliminated. I assume the risk connected with participation in yoga and/or yoga therapy. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support or assistance. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I represent that I am in good health and do not suffer from any physical or emotional impairments that I would interfere with my safe participation in yoga and/ or yoga therapy. I have not withheld any medical information from Lauren Rose, LCSW, RYT and I will notify Lauren Rose of any changes in my medical condition and health. I acknowledge that Lauren Rose has not and will not render any medical services.

I hereby agree to irrevocably release and waive any claims, demands, causes of action of any kind resulting from or related to my participation in yoga, yoga therapy or any activity on the premises that I have now or hereafter may have against Maizy Rose, LLC; Lauren Rose, LCSW, RYT; The Rose Center for Mind and Body and any of her employees or agents. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms stated above.

DATE SIGNATURE OF PARTICIPANT

If participant is under 18: AS LEGAL GUARDIAN OF _____,
I CONSENT TO THE ABOVE TERMS AND CONDITIONS.

DATE SIGNATURE OF PARENT/LEGAL GUARDIAN

All information is held in the strictest confidence. Please inform the instructor of any relevant changes in your medical condition that arise during the course. Please feel welcome to ask questions or give feedback on any issues relating to the class. If you need more space to write, please use the back of this sheet