

SHANTI

SOUND HEALING + YOGA

SHANTI YOGA

I understand that yoga includes physical movements as well as an opportunity for strengthening, relaxation, stress reduction and relief of muscular tension. Participation in yoga class includes, but is not limited to, participation in meditation techniques, sound healing therapy, yogic breathing techniques, and performing various yoga postures. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated.

My signature acknowledges that I understand that I will need to progress at my own pace (especially if pregnant). If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly and remain hydrated. If at any point I feel overexertion or fatigue, I will respect my body's limitations and I will rest before continuing. I also understand that the instructor may place her hands on me for corrections in alignment/for support. Some sessions may include the use of an aerial yoga hammock.

I have read and understand the above disclosure. My signature further acknowledges that I shall not now or at any time in the future bring any legal action against Christina Felty/Shanti Sound Healing + Yoga LLC, it's volunteers/employees & affiliates (associated studio space) in case of personal injury and damage or theft to personal items. I hereby release the listed business & affiliates from any and all liability, negligence or other claims arising from or in any way connected with my participation.

My signature is binding to this liability waiver from this day forth.

Signature

Date

How did you hear about us?

FaceBook

Poster

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