



## **Waiver – you will be asked to sign this when you enrol:**

The priority of all Yoga Academy teachers is to keep students safe in their practise. However, we cannot do this without your help. For this reason, we ask you to read the following points carefully, and to sign this form below to confirm your understanding.

- Yoga postures may be enhanced by your yoga teacher or assistant teacher through one-on-one adjustments from time to time during the class. If you do not want any physical adjustments or contact, please place our **ADJUSTMENT CARD** at the right-hand front corner brown side up, conversely if you do want and adjustment place the card green side up (no card no adjustment). Adjustment Cards are recommended by the Yoga Alliance [www.yogaalliance.org](http://www.yogaalliance.org) for ethically requesting consent.
- Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Furthermore, yoga may not be recommended or may be unsafe during certain medical conditions. While we are happy to discuss this with you, ultimately it is the student who is responsible for deciding whether or not to practise yoga.
- Whenever there is a change in your physical health, please advise your teacher. Yoga includes both physical movement as well as opportunities for relaxation, stress re-education and relief of muscular tension. As with all physical activity, the risk of injury cannot be entirely eliminated. The student must therefore be responsible for listening to their body, adjusting the posture, or asking for support.
- The Yoga Academy cannot be responsible for the safekeeping of students belongings while attending class.

I, the undersigned, understand that the ultimate responsibility for keeping myself safe in my yoga practise is mine alone. I hereby release the Yoga Academy and all teachers of the Yoga Academy of all liability and responsibilities pertaining to my participation in yoga classes at this Academy.

*Please read if you signed quickly on our Mindbody enrolment, if you have any questions ask one of our teachers.*