

PROFESSIONAL DISCLOSURE FORM AND GENERAL RELEASE

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 a thorough professional training in Yoga instruction. Kripalu Yoga is much more than physical exercise; it is a transformational practice that integrates body, mind and spirit. Kripalu Yoga is a way of encountering and releasing physical, mental, and emotional tensions to arrive at deeper levels of relaxation and awareness.
2. *All exercise programs involve a risk of injury.* By choosing to participate in my Yoga classes, you voluntarily assume a certain risk of injury. The following guidelines will help you reduce your risk of injury:
 - Listen to and follow my instructions carefully.
 - Breathe smoothly and continuously as you move and stretch.
 - Do not hold your breath or strain to attain any position.
 - 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 perform a certain movement.
 - Menstruating women should not practice inverted postures.
 - Pregnant women must consult their health care provider before enrolling in class.
3. It is always advisable to consult your physician before embarking on any exercise program. I will give you a Health Awareness Form to complete. You must complete the form and inform me of any health conditions that could be affected by your practice of Yoga. If you are unsure about a condition, please speak to me.
4. Awareness is fundamental to the practice of Kripalu Yoga. It is your responsibility as a student to monitor each activity and determine whether it is appropriate for you to participate. Though I am your teacher, you remain primarily responsible for your safety and well-being.
5. 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. In consideration of practicing Yoga with Kimberly Joy Hitchcock and/or Yoga Joy Studio, you release and discharge Yoga Joy Studio, Kimberly Joy Hitchcock, Unity Church of Palmyra, and Unity from any and all claims, demands, and actions of any nature, whether present or future, anticipated or unanticipated, known or unknown, that result from the undersigned's participation in Yoga classes or practice of Yoga outside of class.

I have read, understand, and agree to the content of this Professional Disclosure Form and General Release.

Signature

Date