



YOGA WAIVER

I am happy you've made the decision to integrate yoga into our work together. We hold our emotions and our past experiences not only in our minds, but in our bodies as well. The healing benefits of yoga are profound. Though the yoga we will be doing together will be extremely gentle, when doing anything physical in nature, there is always the possibility that our bodies could sustain an injury, muscle soreness/stiffness/strain, or physical pain. In signing this waiver, you agree to not hold liable myself, Jihan Madyun, LICSW, RYT and The Fulfillment Project, LLC for any physical injury, muscle soreness/stiffness/strain, or physical pain that could occur as a result of integrating yoga and gentle movement into our work together. It will always be your choice to incorporate yoga into our work and you can decide not to do so at any time. Please initial next to each statement and sign all sheets of this waiver. Thank you!

_____ I have consulted a medical doctor or licensed medical health care practitioner regarding any physical or medical-related health conditions. I have reported all physical and medical conditions to Jihan Madyun, LICSW, RYT and The Fulfillment Project, LLC.

_____ I realize it is solely my responsibility to keep Jihan Madyun, LCSW, RYT and The Fulfillment Project, LLC updated on any changes in my physical health and I understand that Jihan Madyun, LICSW, RYT and The Fulfillment Project, LLC shall not be liable should I fail to do so.

_____ I have been informed and understand that physical exercise has been associated with certain risks, including but not limited to musculoskeletal injuries, abnormal blood pressure responses, and, in rare instances, heart attack or death. Every effort will be made by Jihan Madyun, LICSW, RYT and The Fulfillment Project, LLC to minimize these risks. If at any time I have questions concerning my physical and emotional health and/or the yoga practices provided by Jihan Madyun, LICSW, RYT and The Fulfillment Project, LLC I will address these concerns with the aforementioned parties directly.

_____ This agreement applies to personal injury (including death) from accidents or illness arising from the participation in physical activities including, but not limited to, yoga therapy, yoga classes, private yoga sessions, workshops, group yoga, and individual use of facilities, premises or equipment.

_____ In addition, I release, discharge and waive any and all responsibility of Jihan Madyun,

LICSW, RYT and The Fulfillment Project, LLC from ordinary negligence. I hold harmless Jihan Madyun, LICSW, RYT and The Fulfillment Project, LLC.

Name (print):

Signature: _____

Date:
