



YOUR *self care*

Yin & Sound Meditation Waiver



Sound Frequency Musician
www.tenillebentley.com

WELCOME TO OUR ONLINE COMMUNITY



Yogi Instructor
www.enyoga.com.au

THE FINE PRINT : WAIVER

If at any time during the class, you feel discomfort or strain, gently come out of the posture. You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day.

I understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort,

I will listen to my body, discontinue the activity, and ask for support from the instructor. I will continue to breathe smoothly. I assume full responsibility for any and all damages, which may incur through participation. I understand that Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. By signing,

I affirm that a licensed physician has verified my good health and physical condition to participate in such a fitness program, if required. If I am pregnant, become pregnant or I am post-natal or post-surgical, my signature verifies that I have my physician's approval to participate.

I also affirm that I alone am responsible to decide whether to practice yoga and participation is at my own risk. I hereby agree to irrevocably release and waive any claims that I have now or may have hereafter against Mai Shimizu and Tenille Bentley Holdings Pty Ltd and any other associated parties or associated company for any personal injury or negligence.