



Trauma Sensitive Yoga Disclosure and Waiver of Liability Form

The following information will help you get the most out of your Trauma Sensitive Yoga (TSY) classes at *Bridge Studio at Art of Awareness* and clarify the role of the yoga teacher and your responsibilities as a participant.

Trauma Sensitive Yoga classes at *Bridge Studio* are taught by certified yoga teachers who have completed thorough professional yoga training. Yoga is much more than physical exercise. *Bridge Studio's* Trauma Sensitive Yoga classes are a transformational practice in the style of Hatha Yoga, which aims to unite mind, body, and spirit for health and wellbeing. These classes are sometimes taught by a licensed mental health professional, but are not actual therapy sessions, or recommended as a replacement for traditional therapy. Participants are encouraged to seek additional outside support with a Licensed Mental Health Professional as needed. In addition, we encourage each participant to consult with their individual therapist prior to enrolling in this series. The Trauma Sensitive Yoga instructor is available to consult with your clinician if desired after Bridge Studio receives a signed release of information form. Trauma Sensitive Yoga classes are structured to increase each participant's personal choice, and emotional and physical safety.

Bridge Studio agrees to:

- Offer variations of yoga postures throughout class while emphasizing participants' personal choice.
- Refrain from offering hands-on assists during Trauma Sensitive Yoga classes.

As a Trauma Sensitive Yoga participant, you agree to:

- Participate in each yoga class to the best of your ability, allowing yourself to rest and/or modify postures as needed (and/or ask the instructor for help).
- Take responsibility for your safety and wellbeing by listening to your body and adjusting postures as needed.
- Attend class sober from alcohol or any street drugs or non-prescribed medication.
- Use personal coping skills to regulate emotions during class in order to respect fellow participants' right to a peaceful yoga environment.
- Seek outside support as needed, including but not limited to: talking with natural supports (friends & family), professional counselors, and/or by calling the statewide mental health hotline at **1-888-568- 1112** as needed.
- Inform your instructor of any health conditions that could be affected by your practice of yoga and of any activity that you cannot safely perform. *Note: It is always advisable to consult your physician before beginning any physical activity program and we encourage you to do so.*

All physical activity programs involve risk of injury. By choosing to participate in Trauma Sensitive Yoga classes, you voluntarily assume a certain risk of injury. The following guidelines will help you reduce your risk of injury:

- ✓ Breathe smoothly and continuously as you move and stretch.
- ✓ Try not to hold your breath or strain to attain any posture.
- ✓ Work gently while respecting your body's abilities and limitations.
- ✓ Don't perform postures or movements that are painful.

Payment Agreement: The cost of this 5-week series is \$15 per class or \$65 for the discounted TSY 5-class pass. Payment for the TSY 5-class pass is due prior to the start of the series. All absences are non-refundable.

By signing this form, you certify that you have read and voluntarily agree to the above statements, and hereby release Bridge Studio at Art of Awareness and your instructor from any and all liability for any injuries that you may sustain during or as a result of your participation in these yoga classes.

I have read, understand, and fully and voluntarily agree to the content of this Professional Disclosure and Waiver of Liability form.

Signature _____ Date _____

Printed Name _____ Date _____

Emergency Contact Name & Phone Number _____