

EARTHWISE MOVEMENT, LLC

New Student Health and Safety Consent Form

Welcome to yoga practice with Brandi Honeycutt, 200-hour certified yoga instructor and owner of EarthWise Movement, LLC. I look forward to guiding you! Your safety, comfort and enjoyment are my top priorities. I will teach in a manner that feels safe and instruct on pose modifications to protect our bodies. Please know that taking rest and modifying to suit your body is always welcome! It is important that you listen to *your* body and get what you want out of this practice.

This consent form is for us to agree and understand that yoga practice includes physical activity and, as with all physical activity, there is the risk of injury of varying types and degrees, and risk cannot be entirely eliminated. I ask that you agree to the following for your safety:

- I agree that if I experience any pain or discomfort, that I will discontinue the activity, and ask for support from the instructor.
- I agree that yoga is not a substitute for medical attention, examination, diagnosis or treatment.
- I agree to make the instructor aware of any medical conditions or physical limitations before class.
- I agree that 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 in yoga.
- I agree that I am responsible to decide whether to practice yoga and my participation is at my own risk.
- I agree to irrevocably release and waive any claims that I have now or may have against EarthWise Movement, LLC and/or its instructor.
- I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against or its members for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise.

Name: _____ Age: _____

Address: _____

City: _____ Zip: _____

Phone: _____ Email: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Signature _____ Date _____