

Stepping Stone Yoga 2020 Online Studio Waiver

Please sign and attach in an e-mail to sacredcircleschool@gmail.com prior to participation.

"By enrolling in online Yoga classes with Stepping Stone Yoga, I, _____, understand completely that I must move with mindfulness so that I may learn to listen to my body. Should I encounter any discomfort, I will check in with my breath and my body to make sure that I am in the correct position for me. I will take the instructor's suggestions, for movement and alignment, into consideration, but, I will not rely solely on my teacher to recognize any misalignment or unsafe movement that I choose to do. If I need help with modifying a position, I will unmute myself and simply ask the teacher, but I will stop the position/movement if I feel unsafe. I therefore take full responsibility for any potential injury or ailment I may encounter during or post-practice from Stepping Stone Yoga and I hereby do not place my health in my teacher's hands.

I understand that Yoga includes physical movements as well as opportunities 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. I will inform the teacher present of any issues that may concern me before I begin practice, with full awareness that my Yoga instructor does not substitute medical advice and should I experience any pain or discomfort, will listen to my body, adjust the posture as necessary, and ask for further support from the teacher.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Under certain medical conditions, Yoga is not recommended or safe. I affirm that I alone am responsible to decide whether to practice Yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against my instructor with Stepping Stone Yoga".

***By signing below,** I have read and agreed to the Waiver above.

Terms & Conditions

I _____ hereby understand that Stepping Stone Yoga now only takes members and card-holders at deck classes, and enrolled registrants for online classes and that I do fall under one of those categories. I realize that the online studio brings in a whole new level of

personal responsibility and self-care and likewise if I should choose to practice with a mask at any of the in-person offerings, I should and will take full responsibility for my movements, breath, and physical limitations . I will modify or stop the position/movement if I feel unsafe. I therefore take full responsibility for any potential injury or ailment I may encounter post practice with any teacher from Stepping Stone Yoga.

*By clicking the box below, you are aware that you will be holding a space at one of our offerings. We ask that you let us know at least 6-12 hours prior to the offering if you cannot make it in order to free up your space for someone else. You may be subject to specific adjustments in your billing date should you continue not to show up without said notice.

*By signing below, I have read and agreed to the terms above *

*Signature:_____

(If you are unable to edit your signature and attach the file to an e-mail to sacredcircleschool@gmail.com, please email Pippa with your full name stating that you “have signed in response to SSY 2020 Waiver”).