

## Online Yoga Practice Agreement

Please sign and attach in an e-mail to [sacredcircleschool@gmail.com](mailto:sacredcircleschool@gmail.com) prior to participation.

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 enrolling in online Yoga classes with Pippa Dorfman of Stepping Stone Yoga, I, \_\_\_\_\_, fully understand that I must move my body mindfully so that I may learn to adjust or modify when needed. 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. 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 will take the instructor's suggestions into consideration, but I will not rely solely on my teacher to recognize any misalignment or unsafe movement that I choose to do. I therefore take full responsibility for any potential injury or ailment I may encounter during or post-practice with Pippa and I hereby do not place my health in my teacher's hands.

I \_\_\_\_\_ understand that Stepping Stone Yoga only instructs to enrolled registrants for online classes and I know that I have enrolled in one of the options for patronage prior to class. I realize that the online studio brings in a whole new level of personal responsibility/self-care and if I should choose to practice Yoga virtually, I will take full responsibility for my movements, breath, and physical limitations. I will modify or stop the position/movement if I feel unsafe.

By reading this waiver of liability and signing below, I agree to irrevocably release any claims that I now have or hereafter may have against my instructor at Stepping Stone Yoga.

\*Signature:\_\_\_\_\_

(If you are unable to e-sign your signature and attach the file to an e-mail to [sacredintheround@gmail.com](mailto:sacredintheround@gmail.com), please e-mail Pippa with your full name stating that you “have signed in response to SSY 2021 Waiver”).