

I understand that mindfulness and meditation practices have been proven to be helpful in dealing with both chronic and short term physical pain, substance abuse, depression, and anxiety. I also understand that the stillness and introspection involved in these practices can sometimes provoke disturbing thoughts or emotions, or a panic reaction. If I have an active addiction, a current depressive or anxiety disorder, including PTSD, or hallucinations, I will only engage in these practices under the care of a licensed physical or mental health professional.

I understand that all movement and postures presented by Your Wondrous Mind should be approached with care. Because I will be practicing without the instructor in the room with me, I will be aware and extra mindful of any pain or discomfort. Some postures or movements may be challenging, but challenging does NOT mean painful. There should never be numbness, or pain, sharp or dull, anywhere in my body caused by the postures or movements. Nor, should my muscles quiver with exertion, or within a deep stretch. If discomfort arises, I will ease out of the posture, or gently stop the movement. If I feel nauseous or dizzy I will stop immediately and consult a physician. If I have a chronic pain or condition that prevents me from doing any of these activities without pain, I will seek face to face guidance from a yoga instructor for modifications.

If I am aware of, or become aware of any mental, emotional or physical complication to engaging in these practices, it is my sole responsibility to seek medial or mental health evaluation and guidance in regards to the these practices. Your Wondrous Mind will not be responsible for monitoring my seeking or following medical or mental health advice, restriction(s), or prescription(s).

I understand the potential risks of engaging in these practices and am undertaking these practices voluntarily. I waive, release and forever discharge Your Wondrous Mind, its partners, employees, and agents from any and all responsibilities, liabilities and lawsuits, present or future, and causes of action for ordinary negligence, whether foreseeable or unforeseeable, arising out of or related in any manner directly or indirectly, to my use of, participation in, or access to the Your Wondrous Mind Services and Programs. This waiver includes, but is not limited to such claims that may result from any injury, illness, or death, accidental or otherwise, during or arising in any way from my participation in said services and programs, so long as they are not the result of gross negligence by actors or agents for Your Wondrous Mind.

By joining a YWM membership I certify that I have read the above Waiver and Release of Liability and have had any questions answered to my satisfaction.