

# Freedom Yoga

## Liability Student Waiver agreement

I understand that yoga includes physical movements as well as opportunity for relaxation, breathwork, stress and anxiety 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. If I experience any pain or discomfort, I will listen to my body and stop the activity.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. I understand that Fiona Fox is not a doctor or trained therapist. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga and if I am unsure I will consult my GP before taking part.

By continuing with this course I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Fiona Fox, Freedom Yoga.

