



Hero Lifestyle Yoga Form

I am delighted that you have chosen to practise yoga. The following information will ensure that you get the most out of your classes. Yoga is so much more than physical exercise, it is a transformational practise that involves body mind and spirit. By practising yoga regularly you will release physical and emotional tensions and arrive at a deeper level of awareness and relaxation. All exercise programmes involve some risk, by choosing to take part in the yoga classes you voluntarily assume a certain risk of injury.

The following guidelines will help you reduce your risk of injury.

- Listen to and follow instructions carefully
- Breath smoothly and continuously as you stretch
- Do not hold your breath or strain in any posture
- Respect your body and its limitations
- Do not perform movements or postures that give you pain
- Ask if there is anything you are unsure about
- Menstruating women are advised not to perform inverted postures
- If you are pregnant you must consult with your GP before enrolling onto a class

It is always advisable to consult with your GP before embarking on any exercise regime. Please inform Helen of any health conditions that could be affected by practising yoga. If you are unsure about a health condition please feel free to speak with Helen. Self- awareness is fundamental in the practise of yoga. It is your responsibility to monitor each of the Asanas practised and determine whether it is appropriate for you to participate. You are primarily responsible for your safety and well-being. Hero Lifestyle is responsible for providing competent yoga instruction but not for the safety of students beyond providing competent instruction.

By signing this form you hereby release Helen Kimber from any and all liabilities for injuries that are not directly caused by professional negligence.

I have read, understand and agree to the content of this Yoga Informed consent form

Client Signature	
Print Name	/ /
Telephone Number:	
Email:	