

Yoga classes, private sessions and workshops offered by Lisha Reynolds (Yoga Teacher) and Bliss Yoga RVA are considered low risk physical activity, utilizing props for support and with a focus on body awareness. The teacher's responsibility is to use her knowledge and training to deliver safe instruction and advice. However, there are many factors that influence yoga's effect on an individual that depend on states of health and fitness.

Please note the following to maximize your safety and experience in class:

1. If you have been diagnosed with Fibromyalgia, please let the teacher know at the start of your program. Sometimes students with Fibromyalgia get a lot of opening during class – so much so that it is difficult for them to keep that opening and then later that day or the next they do not feel well. We generally recommend not having adjustments if you have Fibromyalgia so do let your teacher know that you prefer not to have an adjustment if she asks you if you would like one.
2. For students with high blood pressure, detached retina/glaucoma, or if you have an injury, please remind your teacher of this condition before every class and/or follow any directions she gives regarding modifications for your specific condition(s) during class. Most importantly, listen to your body and if you have pain, let the teacher know – she can help.
3. Please get your doctor's approval if you have had any injury or surgery before participating in class.
4. If you have had an organ transplant, we regret that this is not an appropriate style of yoga for you. You should not participate in any of our classes, private sessions, or workshops.

I, _____ (print name) understand that yoga includes physical movement as well as an opportunity for relaxation, stress reduction and relief of muscular tensions. As is the case with any physical activity, the risk of injury, even serious or disabling injury, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will **LET MY TEACHER KNOW** and I will listen to my body. I understand that I may choose to discontinue any pose or activity at any time during the training or workshop or in my home practice.

I understand and accept that yoga is not a substitute for professional medical advice or treatment and that if I have had an injury or have had surgery, I should get my doctor's approval to participate in this yoga program before doing so. I also understand that the practice of yoga not only involves physical effort but may also call upon my mental, emotional, and spiritual resources.

I understand that it is my responsibility to inform the classroom teacher (at the beginning of every class I take) if I have any health condition or injury/surgery information that may affect my ability to participate fully in class (those conditions mentioned above or any other conditions that you feel would adversely affect your ability to participate in class).

I recognize and accept that it is solely my responsibility to ensure that:

- I will work at my own pace, will not strain and will rest when necessary.
- I will not engage in any activity that feels inappropriate.
- I am physically able to participate in yoga classes and workshops.
- I will inform the teacher if I have any preexisting condition.
- There is no medical reason to prevent my participation in classes, private sessions and workshops.
- I will accept all responsibility for my wellbeing once inside this property or in my own home (if participating online).

I have read and understand the above recommendations. I assume full responsibility during and after a yoga session to apply, at my own risk, any portion of the information or instruction that I receive. I hereby agree to release and waive any and all claims that I now have, or hereafter may have against *Svaroopā*® Vidya Ashram (SVA) and *Svaroopā*® yoga, its teachers, staff, agents, employees, successors and assigns.

Student Signature _____

Date _____