



BREATH BY BREATH

Mindful Consent

I, _____ (Print Full Name), understand that yoga and this trauma informed group includes risks as well as opportunities for relaxation. Yoga involves the movement of both your body and your breath. In order to slow down our minds or our bodies, we utilize the ancient practice of yoga which integrates both: mind and body, breath and movement. Yoga is not a religion. Neither, for our purposes, is yoga simply exercise, but rather it is a practice to be present with oneself with the purpose to mindfully notice, feel and listen to the feedback our bodies give us. In noticing our bodies' feedback, we can become better empowered to make conscious choices about what our bodies need.

Yoga is not a substitute for medical care, diagnosis or treatment. I affirm that I do not have any medical issues that would make it unsafe, unwise, or otherwise harmful to my health to participate. Yoga is not recommended or considered safe for some medical/health conditions. It is strongly encouraged that you seek professional medical evaluation to ensure that you are healthy to participate in a yoga group. All movement will be an invitation, and thus your choice to make. No physical manipulations will occur in or out of group by group members or the instructor. My signature further indicates that I am able-bodied to practice and mindful of both the risks and benefits a yoga practice can offer. I agree that I am solely responsible for my decision to participate in this yoga group. My signature indicates that I am able-minded to sign and do so under my free will and under no coercion. I agree to listen to and honor my health needs. I agree to try ask for the support I may need. I recognize that I may find some of my support by deepening my own breathing.

I understand and agree to be present at each group or to notify Abi Nix directly of any anticipated absences. I agree to be present during the whole group time. I agree to protect the names and identities of all participants. Participants may withdraw at anytime. It is, however, strongly encouraged, that participants remain in the group during the entire class, even if you experience strong emotions that feel difficult to tolerate. Calming or neutral positions will be an advisable alternative. It is also strongly encouraged for participants to attend all three sessions. I agree to pay \$100.00 USD in exchange for participation in three (3) sessions for seventy-five (75min) minutes each. This payment is an extension of my commitment to this process which happens as we stay with the breath and the movements.

I agree, that my signature indicates I release and waive any claims pertaining to yoga with Abi Joy Nix LCPC and Wholistic Healing. By signing this consent, I agree that I have fully read and understand the risks involved with Yoga and agree not to hold Abi J. Nix LCPC nor Wholistic Healing liable for damages incurred in sessions or in group.

Signature: _____ Date: _____