

GENERAL DISCLOSURE AND RELEASE FORM JUST 10 YOGA

I am delighted to have you as a Just 10 Yoga student. The following information will help you get the most out of your Just 10 Yoga classes and clarify my role as a Just 10 Yoga owner/teacher. Please read and sign below:

1. I am a certified Holy Yoga teacher and have completed a thorough professional training in Holy Yoga instruction. I am also certified in Trauma therapy for Yoga, Chair Yoga, Pre-natal Yoga, and am a current Masters student of Yoga Faith. Just 10 Yoga is much more than physical exercise. It is a practice that integrates the body, mind and spirit. It is a way to meet Jesus on your way and encounter Him in a way that results in releasing physical, mental and emotional tensions in order to arrive at deeper levels of relaxation and awareness of what He is speaking to you in this season.
2. All exercise programs involve a risk of injury. The following guidelines will help you reduce the risk of injury:
 - Listen to and follow my directions carefully.
 - Breathe smoothly and continuously as you move and stretch.
 - Do not hold your breath or strain to attain any position.
 - Work gently, respecting your body's abilities and limits.
 - Don't perform movements or postures that are painful.
 - Ask me if you are unsure how to perform a certain movement.
3. It is always advisable to consult with your physician before embarking on any exercise program. Please inform me of any health conditions that could be affected by your practice of Just 10 Yoga. If in doubt, please ask me about your condition.
4. Awareness is fundamental to the practice of Just 10 Yoga. As a student, it is your responsibility to monitor each activity and determine whether it is appropriate to participate and at what level.
5. As a professional, I am responsible to provide competent Just 10 Yoga instruction. By signing this form; you hereby release me (Jeanice Durrah) from any and all liability. The undersigned releases and discharges Jeanice Durrah from any and all claims, demands, and causes of any nature, whether present or future, anticipated or unanticipated, known or unknown, that result from the undersigned's participation in Just 10 Yoga classes and practice of Holy Yoga outside of class.

I have read, understand, and agree to the content of this Professional Disclosure and Release Form.

Signature

Date