

## Yoga on Horseback or the Mat

## Monica Celli-de Movellan

413-281-9003 www.equusyoga.squarespace. com

equusyoga@roadrunner.com

## Waiver and Release Form:

I understand that yoga includes physical movements, as well as

the opportunity for relaxation, stress reduction and relief of muscular tension. As is the case with any physical activity, there is a risk of injury, even serious or disabling. The risk is always present and can not be entirely eliminated.

I agree that if I experience any pain or discomfort, I will listen to my body, immediately stop the pose, ask for support from the instructor, as I continue to breathe smoothy.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and not safe under certain medical conditions. I affirm that I alone take responsibility to seek permission from myself and my Doctor as to whether to practice yoga, and I practice ta my own risk. I will make the instructor aware of any physical limitations before class.

I nearby agree to irrevocably release and waive an claims that I may have now or hereafter against the teacher, Monica Celli-de Movellan.

Print Name:	Signature:	Email Address: