



Sample Disclaimer

PRINCIPLES OF PRACTICE

Spanda® Yoga Movement Therapy is dedicated to the promotion of personal growth, wellbeing, and the prevention of chronic illness and injury whenever possible. Yoga Movement Therapy utilizes the time-tested techniques, principles and practices of yoga to support and facilitate natural mechanisms of healing, improved functionality, and increased self-awareness. As this work is not medical treatment, you are advised to remain in contact with your physician and follow her/his directions. All information is held in strict confidence, and is shared only with your doctor in the event you give explicit direction to do so, for instance, if you would like to us establish a co-care relationship with her/him.

DISCLAIMER

I am aware that Spanda® Yoga Movement Therapy is here to serve me by sharing knowledge of the holistic practice of yoga science and philosophy. I understand that I must take an active role in performing the recommendations given for them to be affective. I agree to take responsibility by being mindful of what I can and cannot do in terms of yoga practice and by consulting my physician if uncertain as to my capacity and limitations. It is my responsibility to ascertain that there is no medical reason preventing me from any specific practice. I hereby waive any claim that I might have at any time for injury of any sort against Spanda® Yoga Movement Therapy and Dr. Jaime Stover Schmitt. I have read this release and understand and agree to the above.

Signature: _____

Date: _____