

# Yoga for Happiness Academy Yoga Teacher Training

## Trainee Liability Waiver Agreement

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I \_\_\_\_\_ (print name) understand that participation in Yoga Teacher Training includes, but is not limited to, participation in meditation techniques, Yogic breathing techniques, and performing various Yoga postures. Yoga-postures, or Yoga-Aasanam, apart from several mental, intellectual and spiritual benefits, also exercise every part of the body—stretching, strengthening and toning the muscles, joints, and the entire skeletal system. They also work on the internal organs, glands and nerves. They increase flexibility.

As is the case with any physical activity, if Yoga practices are done incorrectly, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. My signature acknowledges that I understand that in the Yoga Teacher Training I will progress at my own pace. If I experience any pain or discomfort, I will listen to my body, adjust the posture and watch the video again or ask for support from the teacher. I will continue to breathe smoothly. If at any point I feel overexertion or fatigue, I will respect my body's limitations and I will rest before continuing the practice. I will not push myself beyond my physical limitations, especially when I have no teacher watching me practice.

Yoga-practices are not a substitute for medical attention, examination, diagnosis or treatment. Some Yoga-practices are not recommended and are not safe under certain medical conditions and they are explained in the videos and the training manual. I affirm that I alone am responsible to decide whether to practice them or not. If I feel the need to stop, I will. I will seek the guidance of my teacher.

I acknowledge that participation in the Yoga Teacher Training exposes me to a possible risk of personal injury. I am fully aware of this risk and hereby agree to irrevocably release Shanthi Yogini and Yoga for Happiness Academy from any and all liability, negligence or other claims arising now or hereafter from or in any way connected with my participation in the Yoga Teacher Training.

I acknowledge that I shall not now or at any time in the future bring any legal action against Shanthi Yogini and Yoga for Happiness Academy; and that this waiver is binding on me, my heirs, my spouse, my children, my legal representatives, my successors and my assigns. I am physically fit to participate in Yoga Teacher Training and have not been prevented by a licensed medical doctor for participation in this type of training. If I am pregnant or become pregnant or am post-natal, my signature verifies that I am participating in the training with my doctor's approval and at my own risk.

My signature is binding to this liability waiver from this day forth.

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Signature of trainee

\_\_\_\_\_  
Date