



Yoga Liability Waiver

Disclaimer

Shanti Wellness offers health and fitness psychoeducation. This psychoeducation is intended for educational purposes only and is not intended to replace the advice, treatment, or diagnosis of a medical healthcare professional.

You should always consult with a medical healthcare professional before starting any fitness program, making any dietary changes, or any other change in your healthcare routine.

Melissa Shigematsu is a Certified Yoga Instructor, Licensed mental health professional (LICSW & LCSW) and Certified Mental Health Integrative Medicine provider- not a licensed *medical* provider.

Yoga Asanas (physical postures) are generally very safe and modified moves are demonstrated/provided. However, as with any physical activity, there is some risk. While your instructor/provider will take appropriate precautions and considerations to ensure safety, the student/class participant assumes all risk and is responsible for disclosing any physical or medical conditions that may pose a greater risk and/or require additional accommodations including but not limited to: pregnancy, high blood pressure or neck and back injuries.

If you experience dizziness, faintness, shortness of breath or pain while exercising, stop immediately, alert your instructor and consult with a medical healthcare professional as soon as possible.

If you have any questions about this Disclaimer, please contact Melissa Shigematsu at info@shantiwellness.org or at (701) 353-9238.

Yoga is not generally covered by insurance and students/class participants are required to pay for this in full when booking or prior to class. If the student prefers to pay in person they will need to arrive 5-10 minutes prior to class time. Fees and class times are listed on the Shanti Wellness website.

Cancellations/Refunds:

Students who are unable to make it to the scheduled class are asked to notify the instructor via email prior to class at info@shantiwellness.org. All refund requests must be made via that same email in order to be issued and must be made within 72 hours or will be forfeited. All refunds issued will be the amount paid minus transaction fees and will be issued through the original form of payment only.

Grievances

In the event that you have a grievance, you are encouraged to raise those concerns with me in writing or in person. Doing so is welcomed as a personal and professional growth opportunity and will be utilized to better serve you. More importantly, this is often therapeutic for the Student and facilitates personal growth.

By signing below, you acknowledge understanding of and are in agreement with all terms, conditions and policies as outlined. Additionally, by signing below, you agree that you assume all risk and responsibility when choosing to act on any of the health or fitness psychoeducation or yoga instruction offered by Shanti Wellness and its provider(s).

Your signature further acknowledges that you have been given, and understand that you continue to have, the opportunity to raise questions or concerns regarding services, terms and conditions. Your signature also indicates consent to participate in class and understanding that you may discontinue participation at any time for any reason, that you are at least 18 years of age and, if applicable, you are not, to your knowledge, pregnant.

This waiver has no expiration date. Policies and fees are subject to change. Any changes will be posted on the website: www.shantiwellness.org.

Student Signature _____

Printed Name: _____

Date signed _____

***Please print & sign this page and bring with you to your first class or one will be provided for you prior to class. Students will not be allowed to participate without signed waiver.**