



**The Thoughtful Body™ Ltd**

## **Informed Consent Policy for Yoga**

### **Programme objectives and procedures**

The purpose of the Yoga session is to provide a safe session to improve posture, alignment, muscular stability, muscular strength, endurance, and flexibility. Asanas may include physical activities such as stretching, using body weight, props. The session can be adapted depending on your fitness level and it is your responsibility to declare all conditions to your Yoga Teacher before the start of class. The Yoga Teacher may stop the session because of signs of fatigue or excessive strain. You may stop at any time if you have feelings of fatigue or any other discomfort. The Yoga Teacher will fully explain what is required of you, the exercises and that you are advised to ask questions if you are not clear about anything.

### **Potential benefits**

Yoga has been shown to be beneficial. Some of these benefits include increase in muscular strength, endurance, posture, alignment, stability strength, balance, and co-ordination. Yoga can help to reduce stress and anxiety as well helping to boost health and immunity.

### **Potential risks**

When participating in activity/exercise you are likely to experience different levels of intensity over varying lengths of time. As a result, you may experience quicker breathing patterns and become hot, as well as feelings of awkwardness depending on your experience or level of fitness. Most exercise programmes contain certain risks; muscle pulls, joint strains, aches, pains, and general discomfort from parts of the body not previously used. If at any time you feel any pain or discomfort, stop performing the activity and notify the Yoga Teacher. Likewise, if you feel that you should not do an Asana for any reason you must inform the Yoga Teacher

There exists the possibility of certain risks when exercising. They include abnormal blood pressure, fainting, irregular, fast, or slow heart rhythm, and in rare instances, heart attack, stroke, or death. Whilst every care will be taken, it is impossible to predict the body's exact response to exercise. Every effort will be made to minimise these risks by evaluation of preliminary information relating to your health and fitness and by observations during exercising.



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Prior to taking part in activity/exercise sessions you are required to complete a physical activity readiness questionnaire (PAR-Q), if you answer Yes to any of the questions you are strongly recommended to consult your GP prior to continuing. There are many activities you may still be able to do. You are advised to start slowly and increase your level of activity slowly, whatever level you are currently at.

### **COVID 19 Policy**

Due to the COVID-19 pandemic, we are taking extra precautions with the intake of each participant. We require you to do the following:

- Wear a mask before entering the building up until the Yoga session starts.
- Bring your own mat, belt, and blocks.
- Bring your own drinking water.
- Bring your own hand sanitiser if you have a known allergy.
- Come dressed to exercise as no shower or changing facilities are available. Toilet facilities are available.
- Sanitise your hands before and often sessions and try not to touch any high frequency touch points.
- Maintain the 2m distancing rule whilst in the studio, with mats placed 1.5m+ and maintain your allocated space.
- Please answer all questions truthfully to maintain your own and other participant's health.

### **Waiver Agreement**

By signing the PARQ and Informed Consent form you are agreeing to follow The Thoughtful Body's™ and associated space or studio social distancing and safety protocols. Although strict measures are being taken to prevent the spread of COVID-19 (such as social distancing, and deep sanitization, etc.), the undersigned acknowledges that attending Yoga sessions at could result in COVID-19 infection. Accordingly, you are agreeing to HEREBY WAIVE AND RELEASE, indemnifies, holds harmless and forever discharges The Thoughtful Body's™ employees and directors of and from any and all claims, demands, debts, prosecutions, expenses, causes of action, lawsuits, damages and liabilities, of every kind and nature, whether known or unknown, in law or equity, that you ever had or may have, arising from or in any way related to participation in any of the events or activities conducted by, or for the benefit of The Thoughtful Body™ provided that this waiver of liability does not apply to any acts of gross negligence, or intentional, wilful or wanton misconduct, further, it is acknowledged that operation during the pandemic does not fall into these categories.



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You also understand that the activities that you will participate in on behalf of yourself, heirs, assigns and next of kin, will waive all related claims for damages, injuries and death sustained to yourself. By this Waiver, you will assume any risk, and take full responsibility and waive any claims of personal injury, COVID-19 infection, death or damage to personal property associated with The Thoughtful Body™ including but not limited to receiving yoga sessions, using the facility and its equipment in any manner, and practicing and/or engaging in yoga and meditation activities or other related activities on and off the premises. By signing the PARQ and Informed Consent form you have read, understand, and fully agree to the terms of this Agreement.

Please talk with your Yoga Teacher if you have any questions regarding this policy.