

Lauren Mazukiewicz

Private Yoga and Meditation, Wellness and Coaching, **Agreement Form**

1. As a client and/or student, I understand and agree that I am fully responsible for my wellbeing during my Private Yoga and Meditation, and Wellness session, including my choices and decisions. I am aware that I can choose to discontinue at any time. I recognize that yoga and meditation is not psychotherapy and that professional referrals will be given if needed.

2 I understand that the role of the Private Yoga and Meditation, and Wellness professional, is to assist me with improving the quality of my life. I understand that my Private Yoga and Meditation, and Wellness and professional, will be honest and straightforward, and will use challenging techniques to move me forward. If the practice of kundalini yoga is not working as you wish, you should let me know immediately so that we can take steps to correct the problem. If either of us recognizes that you have an issue that would benefit from psychotherapeutic intervention, I will refer you to appropriate resources.

3. I understand that Private Yoga and Meditation, and Wellness is a comprehensive process that may involve all areas of my life. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my responsibility.

4. I understand that my Private Yoga and Meditation, and Wellness sessions do not treat mental disorders as defined in the DSM-V by the American Psychiatric Association. I understand that coaching/healing sessions are not a substitute for counseling, psychotherapy; psychoanalysis, mental health care or substance abuse treatment and I will not use it in place of any form of therapy. I agree that I am well adjusted, mentally healthy and ready to receive Private Yoga and Meditation, and Wellness services.

5. I agree that if I am currently in therapy or otherwise under the care of a mental health professional, I have consulted with this person regarding the advisability of working with a coach/healer and that this person is aware of my decision to proceed with the Private Yoga and Meditation, and Wellness relationship.

6. Confidentiality: I understand that information will be held as confidential unless I state otherwise, in writing. I understand that the use of technology is not always secure and accept the risks of confidentiality in my use of email, text, phone, skype and other uses of technology.

7. I understand that Private Yoga and Meditation, and Wellness services are not to be used in lieu of professional advice. I understand that all decisions in these areas are exclusively mine and I acknowledge that my decisions and my actions regarding them are my responsibility.

8. I understand that I am responsible for the fees If I cancel less than 48 hours before a scheduled session.

9. I am choosing to participate in Private Yoga and Meditation, and Wellness. I recognize that Private Yoga and Meditation, and Wellness services require, emotional, physical, and mental efforts, exertion, and behavioral experimentation on my part, which may cause physical, mental, relational, or emotional injury. I fully acknowledge and take full responsibility for all the risks involved. I understand that it is my responsibility to consult with my primary health care provider prior to participating and should I choose not to consult my health care provider, I accept full responsibility waiving all rights to liability or any claims against Lauren Mazukiewicz, or any of its agents, administrators, or employees. I attest to the fact that I have disclosed all relevant information regarding my physical, emotional or mental conditions that could cause harm to me by participating in these programs. I, my heirs, or legal representatives forever release, waive, discharge and covenant not to sue Lauren Mazukiewicz for any injury, harm or death caused by either negligence or other acts. I have read and understood this agreement form, all its contents and I voluntarily agree to the terms and conditions stated above.

Client Name _____

Client Signature _____

Today's Date _____