



Naturist Yoga with Dan Speers

Class Guidelines & Waiver

This class is offered to those who recognize that the yogic path has within it a deep respect for the the whole being; Body, Mind and Soul. For some Naturist yoga is a natural progression down that yogic path, providing the opportunity to become more self-aware. This awareness further enriches personal self-esteem, self-confidence and the acceptance of others as whole beings. With this in mind, here are some guidelines to help each of us reach these goals in a safe, respectful way.

1. **Naturist Yoga is clothing optional and nudity is common.** Each person is expected to respect the personal space of others. We are here for the yoga and the deeper exploration of self-awareness that this style class provides.
2. **Bring a Towel:** Please bring a towel for sitting and or cleaning your mat. It is natural for many people to sweat during a class, so if at any time your mat needs to be cleaned, please use a towel. It is also a good rule of etiquette to use your own towel to sit on, especially when using any studio provided props.
3. **No Photography.** The class is not the appropriate time for picture taking.
4. **Listen to Your Body.** If at any time you feel a posture is not appropriate for your body for whatever reason, you are welcome to modify the pose, do a different pose, or assume a resting style stance.
5. **No Smoking.** This includes the all interior portions of the building as well as the parking area and driveway.
6. **No Food or Drink** in the studio. The only exception to this rule is bottled water.
7. **Turn off Cell Phones.** If you need to have it on for emergencies, please make sure it is set to silent to avoid disturbing those around you. Savasana is not quite the same with a ringing phone next to you.

I _____ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. Yoga is not a substitute for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions. I affirm that I have read and will follow the guidelines and that I alone am responsible to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Dan Speers.

Signature of student

Date

Street Address: _____

Email: _____

Phone Number: (_____) _____

Emergency Contact: _____

Phone: (_____) _____