

Information about, consent to, and liability waiver for Yoga for healing trauma class

Taught by:

Irina Diyankova, Ph.D., RYT-200: dririnadiyankova@gmail.com

Details

Class will meet on Wednesdays, 12:00 – 1:15 PM starting on September 5 and ending on December 12, 2018 at the Breezeway Yoga Studio located at 4830 Kingston Pike, Knoxville, TN 37919. Please arrive between 11:45 and 11:55, so that we can start at 12 PM sharp.

What is Yoga for healing trauma

This class is an excellent adjunct to traditional psychotherapy or psychotropic medication. It utilizes mindful movement, breathing, and meditation to help you reach the state of presence with your body and your mind. The therapeutic yoga style of this class may be very helpful for people struggling with anxiety, post-traumatic stress, mood disorders, eating disorders, stress-related concerns, as well as other mental health issues, especially as they relate to the past traumas. It is also a good way to exercise. Attending class on the regular basis may help you develop your own practice to use at home, in the office, and on the go.

Healing benefits of yoga

In the recent years multiple studies looked at the benefits of yoga for trauma treatment. It was shown that regular practice of yoga contributes to anxiety reduction, mood stabilization, sleep improvement, and overall improved sense of well-being. More recent research showed that yoga positively affects function of the vagus nerve, as well, as parasympathetic nervous system as a whole (both of those are chronically negatively affected by trauma). In addition, some research suggests that regular practice of yoga may facilitate healing of the brain areas affected by chronic stress and emotional trauma.

Risks of yoga

- As any physical activity, yoga carries risks of injury and health risks. It is NOT indicated for people with certain medical conditions, such as but not limited to high blood pressure, cardiac conditions, post-surgery, and during late stages of pregnancy. *It is your responsibility to consult with a physician prior to and regarding your participation in yoga practice.*
- In yoga classes emotions and memories long stored in the body may become unlocked, which may result in you experiencing negative feelings during or after the class. If this were to happen, the best way to address an occurrence is by acknowledging emotions, letting them move through your body, and letting yourself express them through movement and voice.
- It is also possible to experience a flashback during the class if a movement or pose or something else triggers it. It is suggested that you deal with a flashback in yoga class the same way you deal with it in your real life.

Yoga class guidelines

- **Class preparation:** Please, watch an introductory 20 min. video that will further explain what to expect from the class, how to stay safe, and how to get the most out of it. The video can be found here: <https://youtu.be/hR6akSbCIOE>
- **Clothes:** Wear clothing appropriate for physical activity (sweatpants, t-shirt, or whatever is comfortable).
- **What to bring:** Please, bring a bottle of water, a yoga mat if possible, and a towel (if needed).
- **Class environment:** Competition is really discouraged in the practice of yoga. Instead, we encourage you to explore your relationship with your body and focus on your subjective experience. I work hard on creating safe and non-judgmental environment for everyone. Please, help me with that.

- **Class participation:** Any activity or pose suggested in yoga class is optional. You can always choose to take a break or assume restful and relaxing Child's pose.
- **Pain:** You should NEVER experience acute physical pain in practice of yoga. If pain occurs, back off immediately. It means you are pushing yourself too hard and need to take it easier. Ask a teacher for assistance in modifying the pose.
- **Taking care of yourself.** Healing from trauma is sometimes a long, non-linear and painful process. I encourage you to go at your own pace. Remember that you determine how much you participate and to what extent. If you become unable to remain in a class session you may request a break. During that time you may leave the room but are requested to stay in the vicinity of the studio until coming back to rejoin the session or checking-in with the class leader after the session.

Liability waiver & release

- In consideration of being permitted to participate in the yoga for chronic stress and trauma class, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the yoga class taught by Dr. Diyankova at the Breezeway Yoga Studio.
- I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from the yoga studio, THE FOLLOWING ENTITIES OR PERSONS: Healing Trauma, Dr. Irina Diyankova, Breezeway Yoga Studio, its owners, employees, & contractors.
- In addition, I INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in the paragraph above from any and all liabilities or claims made as a result of participation in the class, whether caused by the negligence of released parties or otherwise.

I acknowledge that I have read this form in its entirety, and I understand my responsibility, risks, and guidelines for the yoga for chronic stress and trauma class. Knowing these, and having had an opportunity to ask questions, which have been answered to my satisfaction, I voluntarily consent to participate in the yoga for chronic stress and trauma class.

Participant's name (printed)

Date

Participant's address

Participant's phone

Participant's e-mail

Participant's signature