

MINDFULNESS CLASSES AT AIKIDO OF SAN DIEGO—REGISTRATION & WAIVER

Please read and complete the following:

Name _____

Address _____

Phone _____ Email _____

I understand that in mindfulness training it is possible to experience and feel mental, physical, and emotional discomfort. I understand there may be moments where I experience vulnerability and unpleasantness. Part of the training is to appropriately care for ourselves in these moments. In these moments, I am responsible for caring for myself in ways that are appropriate.

I fully understand that mindfulness training is not intended to replace medical or psychological treatment. If I have any concerns or questions regarding my unpleasantness or discomfort, I will express this to the teacher.

By signing this waiver of liability, I understand it is my responsibility to let the teacher know of my concerns, or questions regarding my experience of class, and when necessary to seek out appropriate treatment. I assume all risk of any physical, emotional, and mental consequences of participating in mindfulness classes. I take full responsibility for my wellbeing, mental and physical health, and safety. I understand that the mindfulness teacher may recommend I postpone or discontinue with the mindfulness class. This is not personal; it is to support my overall health and wellbeing.

I assume full responsibility for not exceeding my limits and for any injury or discomfort I might experience. I hereby agree to irrevocable release and hold harmless the instructor, Dave Goldberg, as well as the entity, Aikido of San Diego, or agents on behalf of Aikido of San Diego.

I acknowledge that I have read and understand this document thoroughly prior to my signing below.

Signature _____ Date _____