**Disclaimer and Consent Form**

All new clients are required to read, sign and submit the following Disclaimer and Consent Form prior to the first session or class

Yoga is more than exercise. It is a practice that helps integrate body, mind and spirit. It assists in releasing physical, mental and emotional blocks to help you reach deeper levels of relaxation and awareness. The energy techniques offered by Peace of Om Healing, LLC are provided to help balance the mind, body, and spirit connection and reduce stress and induce relaxation.

All exercise programs involve a risk of injury. Before beginning any exercise program, it is recommended that you consult your licensed physician or licensed health care professional. Please inform your teacher of any condition that may impact or affect your yoga practice. Energy practitioners do not diagnose conditions nor do they prescribe or perform medical treatment, prescribe substances, nor interfere with the treatment of a licensed medical professional. Energy techniques do not take the place of medical care. It is recommended that you consult your licensed physician or licensed health care professional for any physical, mental or emotional condition you may have.

By signing this form, I give my consent to an energy session or yoga session with Tanika King and Peace of Om Healing, LLC. I understand I may discontinue sessions at any time.

Except in the case of gross negligence or malpractice, I or my representative(s) agree to fully release and hold harmless Tanika King and Peace of Om, LLC from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with my session(s).

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