



INFORMED CONSENT AGREEMENT for MINDFUL MOVEMENTS

I understand that the Mindfulness for Wellbeing Course I am participating in includes a set of gentle mindful movements.

I understand that it is up to me to take responsibility for not going beyond my physical limits (either in the class or at home).

I understand that if for any reason I am unable to, or think it unwise, to engage in any of the movements, either in the class or at home, I am under no obligation to engage in these exercises nor will I hold Melissa Delaux liable for any injury incurred from these movements.

Date..... Please print name

Participant's signature.....