

# Gentle Yoga Informed Consent

**Kennesaw State University: Office of Student Advocacy**  
**Facilitated by: Mary Katherine Martin, LCSW**

Welcome to Gentle Yoga. Gentle Yoga incorporates the mind and body to assist with overall wellbeing. Gentle Yoga will focus on holding stretches for longer periods of time while mindfully moving through the flow of postures. The class is supported by using blocks and bolsters. This class will assist with relaxation, stress management, and self-reflection. The practice is inclusive to all, and no yoga experience is needed as modifications will be provided.

## **Informed Consent**

During Gentle Yoga, facilitators will model and describe activities to facilitate you achieving increased awareness of your thoughts and emotions as well as physical relaxation. Should any symptoms, pain, discomfort, or other concerns occur or change at any point, you are to immediately inform group facilitators, as necessary adjustments may be appropriate. Please listen to your body and feel free to stop or alter postures as needed. You understand that there exists the possibility of bodily injury during the sessions. You understand that you should consult with your physician and obtain consent prior to beginning therapy. You also understand that you have been advised to consult with a physician and therapist if you have not done so. You understand that group facilitators are not licensed physicians. You understand the facilitator's training, and this has been reviewed with you.

## **Consent to Participate in Gentle Yoga and Release**

My signature below indicates I have read the preceding consent and I am satisfied that I understand the nature of this workshop. I release Mary Katherine Martin, LCSW, the Kennesaw State Office of Student Advocacy, and the Zuckerman Museum of Art from any and all liability that may occur in connection with the above-mentioned practices including malpractice, non-disclosure, or lack of informed consent. I freely assume any and all risks of the treatment whether presently contemplated or hereinafter discovered. I voluntarily agree to participate in Gentle Yoga.

---

Client Name

---

Printed Date

---

Client Signature