

Empowering Yoga for All !

Yoga is the union of mind, body, and breath. By practicing yoga consistently, it has been found to help the child gain strength, confidence, coordination, and connect with themselves and others with compassion and clarity. Through the use of tools of yoga, stories, and music we can provide kids with the opportunity to grow physically, mentally, and emotionally. There are also many Scientific researches on Yoga and its many benefits that may include:

- Enhances bone and muscle strength
- Aides in better focus, attention, and concentration
- Reduces stress and anxiety thus helping in better sleep
- Assists in Neuromuscular development
- Helps in the development of speech
- Better functioning of internal organs including Heart, Lungs and Endocrine Glands.

My passion is teaching Hatha Yoga for kids, teens, and adults of all ages and abilities. I'm a Certified and Registered Yoga Teacher (RYT) with 200 hours and 95 hours of training including yoga for special needs kids, teens, and adults. My classes would consist of asana (Yoga posture), pranayama (breath work and life force), and meditation (Mind Control), besides other aspects of yoga. You can opt for private, semi-private, or small group class settings, depending upon your child's needs. Now, I'm also offering Yoga classes virtually, where you can join and benefit from the comfort of your own home!

Monthly payment upfront for a group, virtual online classes- \$55/45mins/ mth.

Please contact me at tharanmuruga@gmail.com for private and semi-private classes and other details including days/ timings.

OM Shanthi!

Yoga Liability Waiver

1. I am participating in yoga classes conducted by Tharani Murugan wherein I will receive information and instruction about yoga and health. I recognize that yoga requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in any physical fitness program, including yoga. I represent and warrant that I have no medical condition that would prevent my participation in physical fitness activities in a group or private class setting.

3. In consideration of being permitted to participate in the yoga classes, I agree to assume full responsibility for any risks, injuries, or damages, known and unknown, which I might incur as a result of participating in the program both by in-person or virtually online.

I, _____, release _____ and
(client) (studio)

Yoga Instructor _____ from any responsibility
(instructor)

and/or liability concerning the application, processing, and/or consequences of the yoga service I elected to receive. I consent to have yoga services of my choice applied.

I release and hold _____, its employees and its agents
(studio)

harmless against any and all liability, damage, and/or expenses arising out of or in connection with actions, claims, and/or damages resulting in personal injuries and disabilities (physical and/or psychological) that I might incur as a result of the service provided today. I understand that additional treatments may be recommended and/or necessary for maintenance.

I voluntarily agree to the terms and conditions stated above.

Participant's name: _____

Printed Name of Parent/Legal Guardian _____

Signature: _____ Date: _____

Contact Number/ Email : _____