

## **BABY AND TODDLER YOGA PLAYGROUP**

Yoga Instructor: Bella Aurora Barrera – Tamesis

Certified Birthlight (UK) Baby and Toddler Yoga Instructor, Oct 2008

Client's Name: \_\_\_\_\_

As far as I am aware, I have disclosed to my Yoga teacher all information regarding my health and my child's health relevant to the practice of Yoga and massage on my child.

I take full responsibility for all applications of Yoga I may practise outside the Birthlight classes both now and in the future.

I accept that Birthlight does not take responsibility for any applications of Yoga practices described or shown in books and videos.

I fully understand that the recommendations, ideas and techniques expressed and described in Birthlight classes, as well as in books and videos endorsed by Birthlight, cannot be regarded as a substitute for the advice of qualified medical practitioners.

Any uses to which the recommendations, ideas and techniques are put are at my sole discretion and risk.

Signed:

Date: