

the Barefoot Blonde

..... **Acupuncture Informed Consent**.....

Acupuncture involves the insertion of fine needles into particular points on the body. There are some potential risks when receiving acupuncture treatment including bruising, slight bleeding, numbness, tingling, and/or soreness at needle location after treatment. More rare, but still possible are reactions such as dizziness, fainting, nerve/organ damage or a temporary aggravation of existing symptoms. Our clinic only uses pre-sterilized disposable needles as specified by Clean Needle Technique which is the national standard of practice in Canada, and eliminates any chance of cross contamination or infection.

If you are pregnant, currently menstruating, have a bleeding disorder, are on blood thinning/ anticoagulant medication, have a pacemaker, high blood pressure, have a history of seizures and/ or fainting please be sure to inform your acupuncturist before treatment begins.

With this knowledge, I voluntarily consent to receive acupuncture.

*(Signature required on next page)

.....**Yoga Informed Consent**.....

Welcome to Yin yoga or yoQi. Please pay attention to your body and respect its current limits to reduce any risk of injury and build body awareness in a mindful and loving way.

Some good advice:

Listen to and follow instructions carefully.

Be gentle, respect your body's abilities and limitations, and feel free to use props to find a comfortable position.

Please never perform postures or movements that are painful.

Ask your instructor if you are unsure how to perform a certain movement. *Menstruating women should not practice inverted postures.

*Pregnant women must consult their health care provider before enrolling in class.

It is always advisable to consult your physician before embarking on any exercise program. If you are unsure about a condition, feel free to speak with me. Awareness is fundamental to the practice of yoga. It is your responsibility as a student to monitor each activity/posture and determine whether it is appropriate for you to participate or not.

By signing this form, you hereby release Angela Knox and The Barefoot Blonde from any and all liability for injuries that are not directly and proximately caused by professional negligence.