



Sara Morrow, PhD

Licensed Psychologist

**Psychotherapeutic Yoga Classes
Children, Teens, Parents, and
Families**

Waiver of Liability and Policy Agreement

Name: _____ Date of Birth: _____
Home Phone: _____ Cell: _____
e-mail Address: _____
Mailing Address: _____
City/State: _____ Zip: _____

Please list any physical injuries:

I am aware that SARA MORROW, PHD, LLC's program, MIND BALANCE YOGA, is here to serve me by sharing knowledge of yoga and psychology. I understand that the practice of yoga involves physical movement, which may be strenuous at times, and that such practice carries some risk of injury. I also understand that I must judge my own capabilities and limits in order to avoid injury during Mind Balance Yoga (MBY).

I acknowledge that it is my responsibility to inform Dr. Morrow of any injury or other condition that might affect my ability to participate in class. I will also inform Dr. Morrow immediately if I believe any injury is incurred during class. I understand that Dr. Morrow may sometimes give hands-on assistance to facilitate the understanding of postural alignment. If I do not want such assistance, I will inform Dr. Morrow immediately.

I hereby agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in MBY. I voluntarily waive any claim I may have against Sara Morrow, PhD, LLC for such injuries or damages.

Sara Morrow has a PhD in Clinical Psychology from the University of Vermont. She has been licensed to practice psychology in the state of Idaho since 2005 (License PSY-202225). Dr. Morrow specializes in child and family mental health services. Dr. Morrow became a Registered Yoga Teacher (RYT-200) and began teaching Mind Balance Yoga in 2013.

Privacy

The process of working with the body and mind can sometimes bring up deep emotions. It is essential to Dr. Morrow that MBY is a safe environment for her students to be their authentic selves, honor any emotions that arise, and be able to express themselves honestly and freely, without fear of teasing, gossip, or mistreatment. It is expected that all students honor the privacy of others. Students agree to treat others with kindness and respect at all times, both inside and outside the studio.

Confidentiality

Students are not expected to disclose personal information while in MBY classes, but it is possible that emotions may arise or students may choose to share personal information. While Dr. Morrow does ask all students to respect the privacy of others, she cannot guarantee confidentiality. There are no medical records or progress notes kept for MBY students, other than financial and attendance records.

Mind Balance Yoga is an educational healthcare program that combines psychology education with the practice of yoga. Dr. Morrow teaches her students about the brain and nervous system, coping skills for managing emotions and stress, how to be aware of and work with thoughts, strategies for working with the body and breath to help with emotional balance, relaxation skills, and ways to improve relationships. **MBY is not therapeutic treatment**, but rather education on wellness strategies and self-care. Dr. Morrow is not in the role of a therapist for her MBY students, but rather a teacher providing education and skills training.

When disclosure is required by law

Dr. Morrow is a mandated reporter, as are all healthcare professionals. Circumstances where disclosure is required by law may include: where there is a reasonable suspicion of child, dependent, or elder abuse or neglect; and where a client presents a danger to self, to others, to property, or is gravely disabled (for more details see Notice of Privacy Practices form).

Emergencies

Dr. Morrow cannot be responsible for her students’ potential emergencies outside of class. Dr. Morrow is not in the role of therapist to her students and will not be involved in mental health emergencies. If an emergency occurs, students need to seek immediate help from their individual therapist (if they have one), their primary medical doctor, or by calling 911 or going to the hospital Emergency Room.

Payments

Clients are expected to pay the full fee for classes on the day of the class. Students in 8-week sessions have the option to pay the full fee at the time of each class or pay for all 8 classes upfront and receive a 10% discount. Cash, checks, or credit cards (cards are only accepted when paying for an 8-week session) are acceptable forms of payment. Please notify Dr. Morrow if any problem arises regarding your ability to make timely payments. MBY classes are not reimbursable by insurance, as insurance companies typically do not cover educational classes. If a check is returned, the client or guardian will be responsible for paying the bank’s fee.

The process of psychotherapeutic yoga

Participation in psychotherapeutic yoga can result in a number of benefits to you, including improving mood, reducing stress, improving physical well being, and learning strategies for coping with life more effectively. Working with the physical body can result in your experiencing strong feelings at times. It is possible that difficult emotions or memories could arise during or after a MBY class. There is no guarantee that psychotherapeutic yoga will yield positive or intended results.

Non-discrimination policy

Dr. Morrow will not refuse services to any person on the basis of race, color, sex, religion, national origin, disability, sexual orientation, or any other legally protected characteristic.

Missed Classes

If students enrolled in an 8-week session paid upfront for the program but need to miss a class, they are invited to attend a make-up class that is for their same age group, during the same 8-week session. Dr. Morrow does not provide refunds unless requested.

I have read the above waiver of liability, policies, privacy agreement and general information. I understand them and agree to comply with them:

Student Signature

Date

Parent/Guardian Signature (if under 18 years old)

Date