

**Lisa Haake, Ph.D., LMFT, RYT 500**  
**YOGA THERAPY DISCLOSURE AND RELEASE**

Thank you for your interest in Yoga Therapy! I truly believe in this “whole person” approach to healing and growth and am excited to provide you with these services. I have been a yoga instructor for 10 years, a practitioner for over 20 years, trained in multiple approaches of therapeutic yoga, and am currently enrolled in an 800 hour Certified Yoga Therapist program through the International Association of Yoga Therapists (C-IAYT).

Yoga Therapy is intended to

- eliminate, reduce and/or manage symptoms that cause suffering in the body/mind/spirit
- improve functioning in everyday life
- help prevent the occurrence or re-occurrence of underlying causes of illness and move toward improved health and well-being.

After a thorough assessment, a personalized plan will be developed that is oriented toward prevention and health promotion, This plan will be appropriate to your needs, the goals you have in mind, and your life circumstances. You will be supported as you implement this plan and adjustments will be made as appropriate.

Yoga Therapy includes practices such as relaxation, mindfulness, meditation, breathing techniques, visualization, mudras (energetic hand gestures), mantras, affirmations, intentions, yogic lifestyle, yoga philosophy and yes, asana (postures like Warrior 2 and Downward Facing Dog). As you can see, yoga encompasses so much more than the postures, which means there are so many more avenues for relieving suffering.

Yoga Therapy is not a licensed health care profession in the State of Illinois, which is where I practice.

Yoga Therapy is not psychotherapy. While I am a licensed psychotherapist, and we **will** be talking about your concerns, once you have provided me with sufficient information about your concerns, I will consistently redirect you to the focus of Yoga Therapy, which is the relief and reduction of your suffering through the ancient science and practices of yoga.

While most Yoga Therapy interventions are gentle in nature, there is some risk involved. By choosing to participate in Yoga Therapy with me, you voluntarily assume risk of injury. The following guidelines will help you reduce your risk of injury, especially when practicing physical movements:

- Listen to and carefully follow instructions
- Breathe smoothly and continuously when moving and stretching
- Do not hold your breath and strain to attain any position
- Work gently, respecting your body’s abilities and limits
- Pay attention to any pain and adjust as appropriate or stop
- Ask if you are unsure about any movement or other instruction

You will be asked to complete a Yoga Therapy Intake Form which includes questions about your health. Please complete the form and inform me of any health conditions that could be affected by

your practice of yoga. If you are unsure about a condition, please speak to me. It is advisable to consult with your primary medical physician before beginning this program.

Awareness is key to the practice of yoga. It is your responsibility to monitor each activity and determine whether it is appropriate for you to participate. Although I am your Yoga Therapist, you remain primarily responsible for your safety and well-being.

You assume all risk of damage or injury that may occur as a client in my Yoga Therapy practice. In consideration of being accepted as a Yoga Therapy Client, you release and discharge Lisa Haake from any and all claims, demands, and actions of any nature, whether present or future, anticipated or unanticipated, known or unknown, that result from your participation in Yoga Therapy with me or in practice outside of class.

I have read, understand, and agree to the content of this Yoga Therapy Disclosure and Release.

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Client Signature

Date

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Yoga Therapist Signature

Date