



Maureen McHugh

Feldenkrais Practitioner

## Comprehensive Waiver of Liability

I understand that during the upcoming session, or sessions, with Maureen McHugh, Feldenkrais Practitioner, I will be participating in lessons in the Feldenkrais Method of Somatic Education. The Feldenkrais Method is an educational system that is focused on movement. My decision to participate is voluntary. I understand that the session will involve light to moderate physical activity. I certify that I am able to engage in such activity.

I understand that the educational content of the sessions include learning more about: self-awareness, knowledge of anatomy as it applies to movement and rest, options in coordination, skillfulness in relaxation and how to find comfort in activity.

I understand that during these sessions I will sometimes be moving on my own, as in a light exercise class, and sometimes I will be guided by touch. I will always be clothed. I understand that the purpose of the touch is educational and never sexual.

I understand that progress in this educational system comes through gentleness and attentiveness. I agree to refrain from forceful or straining actions. I agree to remain within my own range of comfort. I agree to speak up about any actions that seem unwise or excessive for me immediately.

I understand that the Feldenkrais Method is not medical treatment, nor a substitute for such.

I understand that participation does not include any warranty for effectiveness.

I understand that Feldenkrais is an inherently gentle process and that physical injury is rare. However, any movement practice has some inherent risk. I assume that risk myself.

I agree to release the Practitioner, Maureen McHugh, from liability for any personal injury that may result from my participation.

Client's signature: \_\_\_\_\_ Date: \_\_\_\_\_