



Wellness Program Consent

All clients who participate in wellness programs are herein advised of the following information:

By signing this consent form you understand and agree that you have come to LauraPlumb/VedaWise for guidance in personal advancement in body, mind and spirit. You herein take full and complete responsibility for your self-healing and personal growth. Any physical and/or emotional challenges that you are facing are your responsibility and you hold no one but yourself liable for any and all aspects of your health and well-being. You further understand and agree that:

- 1 Your program may include lifestyle adjustments, dietary changes, herbs, Yoga and other natural therapeutics, including Yoga postures, breath techniques, meditation and support for coping with stress, despite potential personal, social, cultural and environmental challenges that could inhibit long-term, sustainable change and positive results.
- 2 Laura Plumb is certified by the Kerala Ayurveda Academy as Ayurvedic Wellness Counselor, by the American Institute of Vedic Studies as an Advanced Yoga and Ayurveda Educators, and registered as Yoga Instructors with the Yoga Alliance at the RYT-500 level.
- 3 Laura Plumb are not medical doctors and do not diagnose, prevent, treat or cure diseases. They do not perform surgery or invasive procedures, and do not prescribe, administer or recommend the discontinuation of controlled substances and drugs prescribed by a licensed health care professional.

You have been advised that, if under a physician's care, it is up to you to evaluate any and all advice and suggested guidance offered by Deep Yoga or its representatives, and to determine if and how you will integrate this guidance into your life. If you are under a physician's care, you agree to consult with your physician(s) concerning any recommendations you choose to integrate into your life to ensure there are no counter-indications with your currently prescribed medical treatments.

You realize that the path of self-healing and personal advancement involves taking full responsibility for every choice you make on your healing path. You further understand that Deep Yoga techniques are generally gentle, but for some can be rigorous and challenging. If you aggravate any existing conditions or cause yourself injury from any LauraPlumb/VedaWise modalities, you take full responsibility and hereby agree you will not hold LauraPlumb/VedaWise, their management, representatives or instructors, liable in any fashion whatsoever.

PRINT NAME _____

SIGNED _____ DATE _____