

## Qigong Registration and Liability Waiver

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Special Health Needs: \_\_\_\_\_

What would you like to experience from your classes?

\_\_\_\_\_

How did you hear about Qigong with Michelle? \_\_\_\_\_

Any previous Taijiquan (Tai Chi) or Qigong experience?

\_\_\_\_\_

Anything else you would like for me to know?

\_\_\_\_\_

**Instructor Liability Waiver:** Qigong has existed for centuries and has proven safe and beneficial for most age groups and fitness levels. However, Qigong is considered physical exercise and does use the body sometimes in ways that it may not be used to, so you must be mindful at all times and take full responsibility for your comfort and health.

**Consult with your health care provider if you have any doubt at all about your capacity to engage in physical exercise.**

Michelle Thoreson, LAc is not liable for mishaps or injury sustained during class or at any time while practicing during outside of the class.

**It is the student's responsibility to inform the instructor of any injuries or special health needs before, during or after your class.**

**It is the student's responsibility to practice in ways that are safe for themselves.**

Your signature and enrollment in the class signifies that you understand this waiver and accept full responsibility for your health and well-being, and hold Michelle Thoreson harmless in any injury, illness or mishap associated or not with your practice of Qigong methods taught by Michelle Thoreson.

**I have read, understood and accepted this liability waiver as a binding contract**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Student (signature)                  Student (print)                  Date