

Inner Motion: Thai Yoga Consent & Waiver Form

Come home to your body

Savannah Mendoza, Certified Thai Bodyworker

www.innermotionunfolding.com • savyjo14@gmail.com

CLIENT INFORMATION

Full Name:

Date of Birth:

Phone:

Email:

Emergency Contact Name & Phone:

HEALTH HISTORY

Please check any that apply and explain below:

- ☐ Recent injuries or surgeries
- ☐ Joint or mobility issues
- ☐ Cardiovascular conditions
- ☐ Pregnancy
- ☐ High/low blood pressure
- ☐ Osteoporosis
- ☐ Diabetes
- ☐ Skin conditions
- ☐ Other: _____

Details or Areas of body you'd like me to focus on?:

WHAT TO EXPECT:

Thai Yoga is performed fully clothed on a cushioned mat on the floor. It may include:

- Assisted stretching
- Rhythmic compression
- Acupressure
- Breath and energetic awareness

This work is deeply therapeutic but may feel intense at times. Open communication is essential—please let me know if any technique feels uncomfortable, painful, or emotionally overwhelming.

CONSENT & WAIVER

I understand that:

- ☐ Thai Yoga is a holistic, non-invasive therapy and not a substitute for medical care, diagnosis, or treatment.
- ☐ It is my responsibility to communicate clearly and inform the practitioner of any physical or mental health conditions that may impact the session.
- ☐ I may refuse or request adjustments to any techniques or positions during the session.
- ☐ The practitioner reserves the right to end the session at any time if safety, consent, or comfort is compromised.
- ☐ I am participating voluntarily and accept all risks associated with this bodywork.

By signing below, I affirm that all information is accurate and that I give informed consent to receive Thai Yoga. I release Savannah Mendoza and Inner Motion from any and all liability associated with this service.

Client Signature:

Date: