



ONLINE
SERIES

THE PROFESSIONAL COLLECTIVE™

by *Rhianna Danae Yoga*

Curated for those seeking a deeper mind-body connection

The Professional Collective includes physical movement, breath work, and an interactive journal series covering: Personal Self-Care, Contentment & Gratitude, Positive Change, Refinement of the Body, and Regulation of Breath. The 4 session series teaches participants to treat their bodies with care through the practice of yoga. Each class ends with time to decompress and ease into deep relaxation.

Learn to re-connect the space between personal and professional life. This course provides the tools to build upon your own self awareness in order to create life enhancing relationships with the self and others.

Review of Consent and Liability Notice required prior to class participation.
Participation in class acts as acceptance of terms below.

CONSENT AND LIABILITY WAIVER

This waiver serves as notice to all participants.

Your participation in the online yoga session is an agreement to engage in the online course at your own discretion and risk. Any recommendation for changes in movement or mindfulness are entirely your responsibility and you agree that you are voluntarily participating in these activities.

By participating in the Yoga Sessions with Rhianna Danae Yoga you accept that you are entering a course of instruction in physical fitness, yoga, and performance movement. By enrolling and participating in the Yoga Sessions with Rhianna Danae Yoga you certify that you are cognizant of all the inherent dangers of physical fitness and yoga, including basic safety rules for activities connected herewith.

You understand and agree that neither the class nor its owners, operators, agents, or instructors, may be held liable in any way for any occurrence in connection with your physical performance and enrollment in the yoga sessions. **You further acknowledge and forever release liability in connection directly or indirectly with physical fitness and yoga practice as result of Rhianna Danae Yoga and/or the instructor Rhianna Wardian**, which may result in injury or damages, and that by participating in the online yoga sessions you agree to these terms as your own free act.

Your participation in the session is an acknowledgment of the terms and you assume the risk by participating. You have been advised by Rhianna Danae Yoga and the instructor Rhianna Wardian, to be mindful of your body and health and will take all action to ensure the safety of your engagement with the practice of the yoga session. By participating, you assume responsibility of physical fitness and capability to perform under the normal conditions of the Yoga Session with Rhianna Danae Yoga, led by instructor Rhianna Wardian, and are physically capable to perform the class.

By participating, you acknowledge that you have carefully read the terms aforementioned and by actively engaging in the yoga session you consent to this notice and fully understand that it is a release of liability.

Topic: Yoga Session III- The Professional Collective
Time: Jul 16, 2020 05:30 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85073824019?pwd=UXAxWDU1MU5qdjVUSnFMMjdEVldJZz09>

Meeting ID: 850 7382 4019

Password: 954518