

# Baby Moon Yoga LLC

## AGREEMENT

I, \_\_\_\_\_, understand and agree to the following statements about the Baby Moon Yoga Prenatal Yoga Teacher Training (BMYPYTT) Module 1 & 2.

Initial beside each of the following statements to agree.

\_\_\_ The BMYPYTT is composed of suggestions for instructing prenatal yoga to pregnant individuals only who have been fully cleared to exercise and practice prenatal yoga by their health provider, midwife, or doctor. If an injury were to occur to any of your future pregnant clients/students or to their embryos or fetuses, Baby Moon Yoga and Sarah Gorham Silverman are not responsible.

\_\_\_ The training includes exercises, movements, & postures that are only suggestions for ways to practice prenatal yoga. It is ultimately the responsibility of the pregnant practitioner to modify their practice as they need to best meet their needs on any given day.

\_\_\_ The training includes exercises, movements, & postures that are only suggestions for ways to instruct prenatal yoga privately or to a group of pregnant practitioners. It is ultimately the responsibility of the instructor to modify their instructions as they see fit.

\_\_\_ It is my responsibility to adjust my practice while participating in the Baby Moon Yoga Teacher Training according to my limitations to help prevent injury to myself as the trainee.

\_\_\_ The instructions given throughout all lecture videos and practice sessions both in-person and online and in classes are intended only as a guidance.

\_\_\_ I understand that it is my responsibility to: 1) adjust my practice according to my limitations to ensure no personal injury occurs and 2) inform the teacher before the session of any recent changes to my physical condition.

*I hereby declare that I release Baby Moon Yoga LLC, Sarah Gorham Silverman, and anyone who substitute teaches their classes of any responsibility for injury sustained to myself or to my embryo or fetus and that I will take full responsibility for myself and my embryo or fetus during the yoga sessions.*

*I hereby declare that I release Baby Moon Yoga LLC, Sarah Gorham Silverman, and any substitute teachers for Baby Moon Yoga LLC of any responsibility for injury to current or future pregnant students/clients and their embryos or fetuses during current or future classes or sessions that I am leading.*

Client Signature:	Date:
Parent or Guardian Signature (in case of a minor):	Date:

## SCOPE OF PRACTICE FOR THE PRENATAL YOGA TEACHER

Working within the prenatal yoga teachers's scope of practice specifically means that we must only teach prenatal yoga. Sometimes it is very tempting to step out of the bounds of the teacher's scope when we really want to support our clients. Remember, however, that the lives of the pregnant people and their babies are at stake if they are not seeking and receiving appropriate care. We need to make sure to refer them to an expert in the field, for which they are in need. Below is a list of practices that would be out of bounds of the scope of practice for a prenatal yoga teacher:

- Giving medical advice regarding a student's health or pregnancy. Instead refer them to resources (if there are specific ones that you're wanting to share) that they can go over with their provider.
- Deciding whether or not it is safe for a pregnant student to practice yoga that is experiencing a complication in their pregnancy or in class. Always direct them to their provider to discuss whether or not prenatal yoga is a good option for them. If you feel comfortable in doing so, you could be available to talk to the provider if they have questions about your prenatal yoga offerings.
- Attempting to diagnose an issue that is going on with a pregnant student in class or elsewhere. Direct them to their provider for any type of diagnosis regarding their health and their pregnancy.
- Convincing a pregnant student to have a "natural" birth or getting induced or not. Our position regarding topics like these is mainly to listen. If they ask us specifically for advice, refer them to resources that they can go over with their provider. Always place the power in the pregnant person's hands. What we can do is encourage them to listen to their concerns and intuition and guide them towards making the optimal decision for their pregnancy and birth. Our job is more about reminding them of their power, not taking it away.
- Trying to fix an issue with the body, like pelvic floor dysfunction or a bulging disc. Prenatal yoga may help some issues to a degree, but it's important to get the proper support to more fully address the issue.

*I hereby declare that I understand & agree to the above statements regarding the prenatal yoga teacher's SOP and will practice within my scope.*

Client Signature:	Date:
Parent or Guardian Signature (in case of a minor):	Date:

**Adjust Posture or Practice with Explicit and Informed Consent**

The statements below are from the Yoga Alliance’s Scope of Practice for yoga teachers.

SOP Principle 3 — Adjust Posture or Practice with Explicit and Informed Consent SOP Principle 3 allows the Member to adjust posture or practices only with Explicit and Informed Consent. All physical adjustments of any type are intentionally limited to situations where there has been prior Explicit and Informed Consent. Previous consent does not imply future permission or allow for future physical adjustment or contact.

“Explicit and Informed Consent” is narrowly defined as overt permission for a specific Teacher to use hands-on contact that has been granted by the Student. This permission can be given verbally, in writing, by an unambiguous gesture, or via a consent indicator. Silence or lack of resistance, in and of itself, does not demonstrate consent.

*I hereby declare that I understand & agree to the above statements and will only use hands-on adjustments when I've been granted permission in the forms stated above.*

Client Signature:	Date:
Parent or Guardian Signature (in case of a minor):	Date: