

## 8 week Introductory Course Registration form

Sun Do is an ancient Korean breathing and meditation practice fostering health, internal peace and calmness, strength and flexibility. This course exposes newcomers to the history and theory of Sun Do, the practice (3 parts) and the benefits of being part of a Sun Do community.

After this introductory course, you will be eligible to join our studio practices with a monthly membership fee.

Cost: \$100 for 8 one-hour sessions, currently offered in person and via zoom

Saturdays, 9:45am - 10:45am

Name	:	_
Addre	ss:	_
Phone		_
Email:	:	_
<u>Paym</u>	ent Method: check made out to Sun Do Wellness, LI Sun Do Wellness, 45 South Main St. Su	
	charge to my credit card: fill out info or call with information 860-306-2158	
	Type: (circle one) Visa Mastercard	AMEX
	Number	Expiration:/ CVV: mo yr
	signature:	

## Waiver of Liability

Sun Do is an ancient Taoist discipline combining breathing techniques, postures, meditation, and exercises to activate the body's self-healing abilities and deepen spiritual awareness.

The exercises, postures, and breathing techniques may at times be quite strenuous. Only you can judge what exercises and postures are comfortable and appropriate to your level of physical ability, and which exercises or postures you can perform as you continue Sun Do.

During each practice session, a Sun Do instructor or senior student will lead a series of warm-up and cool-down exercises. You should proceed at a pace that is comfortable for you, doing only those exercises that, and only to the extent that they, do not cause strain.

As you progress, you will be introduced to different breathing techniques and postures. As with the exercises, you must determine the extent to which you can perform these breathing techniques and postures.

By signing below, you acknowledge that you have read this waiver, and that you understand that you should, and you hereby agree to, proceed with due care in performing the exercises, postures, and breathing techniques in Sun Do, and you assume and accept full responsibility for your physical health and condition. In assuming such responsibility, you thereby release Sun Do Wellness, its officers and directors, members and instructors from any and all liability associated therewith.

In the space below, please list any medical condition or diagnosis which could affect your ability to practice Sun Do. If none, please write "none" in the space provided.

Medical conditions:			
printed name	date		
signature	date		