



Access to Online Video Library of Trauma Sensitive Yoga (TCTSY)

Participant Agreement between the participant ('I') and the facilitator (Emily Harrison).

Ethical Practice

Emily Harrison certified by The Trauma Centre at JRI to facilitate Trauma Sensitive Yoga as an adjunctive intervention for Complex &/or Developmental Trauma, and works to the IA-TCTSY Guidelines on Ethical Practice (available on request).

Trauma Centre Trauma Sensitive Yoga is not a substitute for a medical care or diagnosis with a physician, psychiatrist, psychologist or other licensed health care provider.

Consent Statement

- Just like any form of physical activity, yoga carries a risk of injury and I agree to take precautions and responsibility for my own actions. This might include: making choices appropriate for my body, using a mat and arranging furniture to avoid accidents and stopping practise should I experience any pain.
- I understand that trauma-sensitive yoga is an adjunctive practice, meaning that I may wish to seek out access to a reflective space within which I can verbally process their trauma history.
- I understand that whilst I have unlimited access to the video library, their use is for my personal use only.

Signed:

Date:

Name: